HATE CRIMES ON THE RISE: STATSCAN, PG 3

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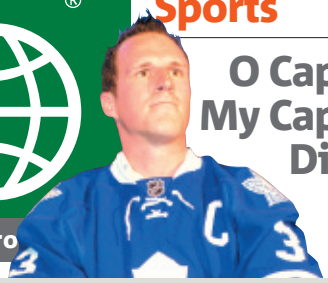
Sports pg 27



O Captain! My Captain! Dion to lead Leafs

A draining investigation for police

CRIME Ottawa police have arrested a man with an apparent penchant for toilet flushers.

Police allege a man stole flushing mechanisms from public and private toilets across the capital. The targets included restaurants, shopping malls, hospitals, medical clinics and private sector facilities.

Robert Morissette, 51, faces numerous charges.

THE CANADIAN PRESS

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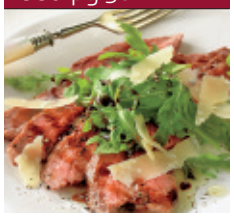
Food pg 36



Father's favourites

On the web
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World Cup

A leg up

JAMIE MCDONALD/GETTY IMAGES

Paraguay's Enrique Vera, left, controls the ball under pressure from Italy's Domenico Criscito during a World Cup Group F match yesterday in Cape Town, South Africa. The teams played to a 1-1 draw in their opening games of the tournament. More coverage, pages 5, 25, 26.

We could have had a G8

Huntsville summit will host 10 more countries: Harper

The G what? What the ... ?

The G8 summit in Huntsville — which is the Group of Seven large industrialized nations plus Russia, which joined in 1997 — was already a mathematical puzzle. The European Union participates, so it was really a G9 from the get-go.

G8 Summit

Actually, it's G10, because the EU sends two representatives, the heads of the European Commission and the European Council.

So if you're counting, it was to be Canada, France, Germany, Italy, Japan, Russia, the United Kingdom, the United States, and the two EU guys (yes, they are guys), meeting in Huntsville.

But these have become the ever-expanding summits.

On Sunday, Prime Minister Stephen Harper quietly announced he has invited 10 more guests to the G8 (G10) meeting; seven African countries and three more counterparts from the Americas (Colombia, Jamaica and Haiti), which will attend a "special session" at the G8 summit in the Muskokas.

First, the G8 or should we say, the G10, leaders will meet alone. Then they will hold an "outreach" session with the seven invited African leaders. G10+7=G17. After that, they will be joined by the Colombian, Jamaican and Haitian leaders for another "outreach" session. G17+3= G20.

Now, suddenly, it's a G20 in a place Harper deemed too small to handle the G20.

TORSTAR NEWS SERVICE

MORE COVERAGE, PAGE 6

Wealth of minerals found beneath Afghanistan

DEPOSITS U.S. geologists have discovered vast mineral wealth in Afghanistan, possibly amounting to $1 trillion, President Hamid Karzai's spokesman said yesterday.

Waheed Omar told reporters the findings were made by the U.S. Geological Survey under contract to the Afghan government.

The New York Times reported the $1-trillion figure and quoted senior American officials as saying untapped mineral deposits in Afghanistan are far beyond any previously known reserves and were enough to fundamentally alter the Afghan economy and perhaps the Afghan war itself.

The mineral deposits include gold and critical industrial metals like lithium, according to the report. The Times quoted a Pentagon memo as saying Afghanistan could become the "Saudi Arabia of lithium," a key raw material in the manufacture of batteries for laptops and cellphones.

THE ASSOCIATED PRESS

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Local

CIBC beefs up credit holdings

CIBC has signed a deal to buy a $2.1-billion credit card portfolio from Citigroup's Canadian MasterCard business, a transaction which makes the big bank Canada's largest issuer of Visa and MasterCard credit cards. The portfolio includes accounts associated with co-branded Petro Canada credit cards that offer the Petro Points rewards program.

THE CANADIAN PRESS

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JOHN GODARD/TORSTAR NEWS SERVICE

Toronto Humane Society president Michael Downey tells a press conference yesterday that the institution will reopen June 28 after extensive staff training, as executive-director Garth Jerome looks on.

Humane Society to reopen in two weeks

ANIMALS The troubled Toronto Humane Society says it has put its difficult times in the past and plans to reopen its animal shelter in two weeks.

New president Michael Downey made the announcement at a news conference yesterday morning.

Downey says the decision to reopen June 28 was made at a meeting of the new board last week.

He says he's confident people in Toronto will resume volunteering and using its services.

A raid last November by the OSPCA led to animal cruelty charges against four senior society managers and members of the board of directors.

Several new charges laid last month related to the alleged condition of animals found in the shelter last fall.

THE CANADIAN PRESS

News in brief

CORRECTION The Canadian Press incorrectly reported on Sunday that Canadian Labour Congress president Ken Georgetti wants to double Canadian Pension Plan premiums. In fact, Georgetti said the congress wants to double benefits.

HOMICIDE Peel police say the death last week of a Brampton girl is now being treated as a homicide. Tiffany Gayle was found in a Brampton home last Saturday morning with no vital signs. Police say Gayle was found with signs of trauma to her body, and that investigators are still in the process of interviewing people related to the incident.

GUNS STOLEN Durham regional police say seven properly registered and stored handguns have been stolen from an Ajax home. Police say the theft was discovered by the owner last Friday and reported to police. The stolen handguns include a Reck Derringer .22 calibre, a Colt Detective Special .38 calibre and a Luger E.P. .22 calibre.

THE CANADIAN PRESS

Hate crimes on the rise

35% increase may be a result of better reporting: StatsCan

Police services are reporting a big jump in hate crimes, and they say gay men are being targeted more often and in the most violent incidents.

But Statistics Canada says the numbers could be more a result of better reporting than of increased violence.

The agency said police logged 1,036 hate crimes in 2008, up 35 per cent from 2007.

Just over half (55 per cent) were motivated by race or ethnicity, 26 per cent by religion and 16 per cent by sexual orientation.

The agency says all three major categories of hate crime increased in 2008, but the largest increase was among crimes motivated by sexual orientation, which more than doubled from 2007 to 2008.

Hate crimes motivated by sexual orientation were also the most violent: 75 per cent were violent compared with 38 per cent of racially-motivated incidents and 25 per cent of religiously motivated incidents.

Among violent incidents motivated by sexual orientation, 85 per cent of the victims were male.

City stats

- There were 271 hate crimes reported in Toronto, a rate of 5.4 hate crimes per 100,000 population.
- Montreal, where police reported 38 hate crimes in 2008, had the lowest rate, at one per 100,000.
- Vancouver and Hamilton reported the highest rates (6.3 hate crimes per 100,000 population) among Canada's 10 largest census cities.

The agency used data from the national Uniform Crime Reporting, which assembles information on hate crimes as defined in the Criminal Code "that have been reported to, and substantiated by, police services."

But the report cautions that the data may be affected by a number of things.

"Information from police indicates that year-over-year changes do not necessarily reflect actual increases or decreases in the incidence of this type of offence since the number of hate crimes recorded in a given area can be influenced by many different factors," it said.

THE CANADIAN PRESS

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Chinese terracotta sculpture exhibit set to open at ROM
The Royal Ontario Museum hosts the Canadian premiere of The Warrior Emperor and China's Terracotta Army beginning June 26. Prior to embarking on a Canadian national tour, the exhibition will be displayed in the Garfield Weston Exhibition Hall on Level B2 of the ROM's Michael Lee-Chin Crystal until Jan. 2, 2011. METRO NEWS SERVICES

Did English netminder have Ontario model on his mind?

To the British, she's Elizabeth Minett, the 5-foot-10 lingerie model whose memory haunted the goalie whose slippery fingers devastated the England team in the match against the U.S.

To the folks in Guelph and Muskoka, she's the gorgeous, brainy, globe-trotting Lizzie, daughter of dentist Dr. Charles Minett and granddaughter of Manhattan Project scientist Ernest Everet Minett.

"She's not just gorgeous, she's dramatic gorgeous," says a woman who has known her since she was born 23 years ago into a prominent Ontario family.

Minett, who graduated from the University of Waterloo in 2008 with a degree in economics, is "very bright" as well as beautiful, she told the Toronto Star, although asking that her name not be used.

Two British tabloid newspapers, the Daily Mail and the Daily Mirror, blamed Minett yesterday for goalie Robert Green's stunning miss on a routine shot that allowed the U.S. to tie its World Cup match against England Saturday.

She and Green, 30, met two years ago in Toronto when his West Ham team was touring Canada, the Daily Mail said.

They had lived together in a luxe flat overlooking the Thames on the Isle of Dogs in London until about a month ago, when the relationship ended.

Elizabeth Minett

Green's agent, Andy Evans, was quoted by the Daily Mirror Sunday night as insisting the split has not affected the goalie's focus in South Africa.

He said: "Their relationship was over many months ago. This really is not an issue and Rob has gone into the World Cup prepared mentally and as focused as possible."

Minett herself issued a terse "no comment" yesterday through two of the modelling agencies she works for.

But three months ago, she was happily telling a British tab that she was going to South Africa to cheer Green on and would resort to heavily accented "French-Canadian" to thwart the spies who tried to eavesdrop on the couple.

TORSTAR NEWS SERVICE

College Street **Forza Azzurri!**

SAUL PORTO/TOP NEWS

Marcela Giampietro and Rauti Giuseppe, fans of the Italian soccer team, wait for the World Cup match between Italy and Paraguay yesterday at Touche Bar on College Street.

News in brief

TRAFFIC For the next seven weeks, there will be some relief for Gardiner Expressway commuters who have been dealing with reduced traffic flow under the Jameson Avenue bridge. Three lanes of traffic are now flowing in both directions on the Gardiner under the bridge after weeks of having only two lanes open in each direction due to construction of the bridge. "We have a little bit of a breather now where the Gardiner will be open again," said Peter Noehammer, a manager in the city's Transportation Services department. But the lanes will be closed again about a week into August.

TORSTAR NEWS SERVICE

Metrolinx orders 182 LRT vehicles

TRANSIT Ontario's Metrolinx transportation agency has placed a $770-million order with Bombardier Transportation to buy 182 light rail vehicles after the province gave the green light to its transit expansion plan.

The vehicles, to be assembled in Thunder Bay, will be delivered between 2013 and 2020. They are expected to create 4,000 jobs.

The order flows out of a $851-million contract signed in June 2009 by Toronto Transit Commission for 204 low-floor streetcars. The TTC assigned the options to Metrolinx.

280 The light rail cars are Bombardier's Flexity low-floor cars that each have capacity for more than 280 passengers.

The government-owned regional transportation agency still has an option for up to 118 more vehicles. Another option for 100 vehicles has yet to be assigned.

The light rail vehicles to be used on five corridors in the Toronto area are slightly different than the city's traditional streetcars. They are a little longer, can carry more people and use a different power system.

"This order further solidifies our presence in Ontario and highlights Bombardier's proven state-of-the-art light rail technology, which is available to all cities in North America," said Raymond Bachant, North American president of Bombardier Transportation.

The contract flows from the Ontario government's formal approval of the plan to build five transit projects over the next decade.

THE CANADIAN PRESS

Kitchener DJ to auction Beatles tape

MUSIC A former Kitchener disc jockey will auction his original recording of a 1966 Beatles news conference in Toronto — even though the only other original audiotape failed to sell at auction.

Larry Roberts, who asked John Lennon about his controversial remarks about Jesus at the King Edward Hotel between the Fab Four's two Maple Leaf Gardens shows, still plans to sell his tape through Heritage Auction Galleries in October.

Roberts was surprised the rival reel-to-reel tape recorded by former freelance photographer Paul Hourigan Aug. 17, 1966, was valued as high as $25,000 US.

THE CANADIAN PRESS

New show added

- Paul McCartney has added a second Toronto show to his upcoming tour after his Aug. 8 date sold out. The rocker will also play the Air Canada Centre Aug. 9.

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Biker to trek for brain, spinal cord research

Mark Weisbarth will start a bike trek June 21 from the Pacific across America and parts of Canada. Inspired by his cousin's near-fatal ski accident, Weisbarth hopes to raise $100,000 for brain and spinal cord regeneration research for Toronto Western Hospital's Krembil Neuroscience Centre. Track his journey at teamlara.ca. METRO NEWS SERVICES

ANDREW WALLACE/TORSTAR NEWS SERVICE

Christian Tardif is the property manager at 77 and 99 Harbour Square, which is treating the G20 as business as usual. But some condo buildings are thinking about putting up their own fences for the G20 to keep out the rabble-rousers.

Condos considering putting up their own summit fences

SECURITY Two weeks ago, nobody wanted to be inside the "fence." Now, some private residences are thinking about putting up their own.

With about 10 days until the G20 summit opens in Toronto, condominium and apartment building property managers are shoring up security in anticipation of the unknown protester threat.

Over the last few weeks, several Harbourfront condo managers have met to discuss how they can better co-ordinate their security strategies, with one idea being to enclose their properties behind a fence — not unlike that big one just up the street.

A perimeter fence will encircle the Westin Harbour Castle hotel on Queens Quay, where international delegates will be staying.

Two condo towers are apparently going ahead with the plan for another fence. However, Christian Tardif, manager of 77 and 99 Harbour Square, said he doesn't share the fears of some his counterparts.

"For me, if you put up some type of security fence, it will attract the attention of protesters," he said. "We don't believe we need extra security at all."

TORSTAR NEWS SERVICE

News in brief

CLIMATE Canada has added climate change to the G8 agenda after coming under pressure from world leaders and environmentalists. A spokesman for Prime Minister Stephen Harper confirmed yesterday that climate change will be on the table at both the G8 and G20 summits. Countries are negotiating a global-warming pact ahead of the next UN climate summit in Mexico in December. It's hoped that summit will seal a tentative deal reached last year in Copenhagen. THE CANADIAN PRESS

Heads set to roll at summits

Papier mâché models of leaders to be used for stunts

G20 Summit

Barack Obama's head has arrived in Canada ahead of the G8 and G20 summits — minus part of his ear.

The giant papier mâché likeness of the U.S. president's noggin and the heads of the seven other G8 leaders were unpacked at Oxfam's Toronto offices yesterday after being shipped from Germany, where they appeared at UN climate change talks.

Oxfam uses the props for publicity stunts during international meetings, such as the upcoming G8 in Huntsville from June 25-26 and the G20 in Toronto from June 26-27.

The heads made the journey largely intact, except for a chip missing from the top of Obama's ear.

The ear should be easy enough to fix, but Oxfam's biggest concern now is getting a head made for Japan's new prime minister in time for a June 25 stunt in Huntsville for the G8 summit.

"Normally, they take about a month (to make), so this is a rush job," said Frida Eklund, Oxfam's popular mobilization lead.

The group had been thinking they wouldn't have the heads make the trek to Huntsville from Toronto, but are now planning an appearance or two at the G8.

The heads, lined up on a boardroom table after the bubble-wrap was taken off, are very close likenesses to their real-life counterparts.

Prime Minister Stephen Harper's head has a detached stare and icy blue eyes, while Obama's has a jovial smile.

Volunteers — mostly Oxfam policy experts and executive directors — will don the heads and pose in mock photo-ops.

THE CANADIAN PRESS

ADRIAN VECZAN/THE CANADIAN PRESS

Frida Eklund of Oxfam Canada shows off the papier mâché models of the G8 heads of state, including Prime Minister Stephen Harper. Oxfam uses the props for publicity stunts during international meetings, such as the upcoming G8 and G20 summits in Huntsville and Toronto later this month.

Stalling recovery presents problem for G20

ECONOMY Less than two weeks before leaders descend on Canada to chart out a course for sustained long-term growth, the G20 is faced with an unexpected short-term problem of recovery fatigue.

After a few heady months of encouraging news suggesting the recovery that began last fall was going V for vertical, much of the fresh evidence is now the other way.

The quick pace of growth seen in the last three months of 2009 and first quarter of this year appears to have stalled in important areas such as employment, housing, exports, car sales and, at least in the United States, retail sales.

"There was a small element of overconfidence early in 2009 both in the U.S. and Canada."
Brian Bethune, IHS Global Insight

In Europe, several countries are already back in recession, if they ever left it, and others are barely treading water. The Organization for Economic Co-operation and Development said last week its leading indicator pointed to a slowing pace of expansion in the 30-country group. The recovery in some countries, particularly China, may already have peaked, it added.

"I think there was a small element of overconfidence early in 2009 both in the U.S. and Canada about how sustainable the recovery was, and they didn't really look at what was a difficult situation in Europe and Japan," said Brian Bethune, chief economist with IHS Global Insight in Canada.

"The whole G20 process fell apart and everybody sort of went their own way. Now the G20 is going to have to revisit this because we have not secured a recovery in the industrialized countries." THE CANADIAN PRESS

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Fund managers buy northern T.O. office building

Evton Capital Partners, manager of Evton Real Estate Fund LP, says the company has acquired a 10-storey Toronto office building for $20 million. The building is at 5075 Yonge St. and will increase the assets of the fund to about $77 million, Evton said yesterday. THE CANADIAN PRESS

Canada's own Fox News?

Quebecor announcing plans

On March 30, 2009, Prime Minister Stephen Harper sat down for lunch in New York with Rupert Murdoch and Roger Ailes.

The meeting was not on any public itinerary released by the Prime Minister's Office and only came to light when The Canadian Press searched media consultant Ari Fleischer's mandatory disclosures with the U.S. Justice Department. Ailes is the longtime Republican communications guru who is the president of Fox News Channel, which is owned by Murdoch's News Corp.

Peladeau

Harper's soon-to-be-ex-communications director Kory Teneycke was also present. Four months later, Teneycke had left the PMO only to pick up a contract with Quebecor to explore a project that Ottawa insiders almost immediately called a fledgling "Fox News North."

His goal was a punchy, provocative, right-of-centre network to shake up what Teneycke describes as the "lame-stream media."

Today in Toronto, barely 10 months after Teneycke left the PMO, his new full-time employer Pierre Karl Peladeau will announce Quebecor Media Inc.'s plans for a "new investment in Canadian media" and a "major announcement concerning the marriage of television and the Internet."

The billionaire media baron has already applied to the federal broadcast regulator for an all-news, English-language television licence after a year of personal lobbying in Ottawa.

For the record, Teneycke said yesterday the Quebecor venture was not discussed at Harper's New York meeting with the Fox News leadership last spring.

THE CANADIAN PRESS

Paralympian **Wheelin' on the waterfront**

ROGER CULLMAN/FOR METRO TORONTO

Paralympic athlete Josh Cassidy, 25, trains in his racing wheelchair along the Martin Goodman waterfront trail. Cassidy, who lives in Oakville, is also a motivational speaker.

Driver on 401 nearly 3 times over limit: Police

BREATH TESTS A Toronto-area man has been charged with impaired driving after police allege a motorist towing a trailer blew nearly three times the legal limit.

Provincial police say a vehicle was pulled over Sunday when officers saw an SUV pulling a trailer using both lanes of Highway 401 near Cobourg, east of Toronto.

The driver was arrested and taken for breath tests.

Police say the results were slightly lower than three times the legal limit of .08.

A 40-year-old man from Ajax, whose name wasn't released, has been charged with impaired driving and driving with more than the legal amount of alcohol in his blood.

THE CANADIAN PRESS

People in jail not entitled to rebates: Hudak

HST After nearly one year on the job, Progressive Conservative Leader Tim Hudak has been reluctant to spell out his policy ideas, but he made it clear yesterday that he's taking a hard line on crime.

Hudak demanded the Ontario government stop payment on HST rebate cheques for people serving 90 days or less in provincial jails, saying it was wrong that criminals would qualify for government rebates as long as they filed a tax return last year.

Most people who are sentenced to 90 days or less are not hardened criminals. They are often convicted of offences like speeding, parking infractions or causing a disturbance in a public place. About half of them serve their time on weekends.

That did nothing to sway Hudak, who lumped all criminals — from serial killers to traffic offenders — into one group that should be ineligible for an HST rebate cheque.

THE CANADIAN PRESS

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Unwind with a little yoga in Yonge-Dundas Square

Spynga Yoga and Cycling Studio is hosting Elevate to Exhale on June 21 at Yonge-Dundas Square. Torontonians are invited to practice yoga in one of the city's busiest environments — young and old, from beginner to advanced. Class runs from 9 a.m. to 7 p.m. METRO NEWS SERVICES

City spends, Ford reaps?

Candidate claims public anger over 'greed' helped him in polls

Coun. Rob Ford says wasteful city spending is the fuel that has propelled him into a tie for first place in the Toronto mayoral race.

Ford

Reacting to two opinion polls made public Sunday that have him neck-and-neck with former Ontario health minister George Smitherman, the Etobicoke councillor said his support is building with Torontonians' exasperation over misuse of their tax dollars.

"It's a simple message but I hear it over and over — people are fed up with the spending, the sense of entitlement and the greed," Ford said yesterday.

He added the surveys might have been affected by his campaign to pressure Coun. Kyle Rae to pay back money for a farewell party he threw himself.

A week ago, Rae (Toronto Centre-Rosedale) threw a party to mark his retirement from politics at the posh Rosewater Supper Club, which he estimates will take a $12,000 bite out of his 2010 council office budget.

Rae has said the cost is more than offset by unused campaign contributions he turned over to the city in 2006 and his decision not to put out a newsletter.

But Ford has launched a website in protest, raemustpay.com, and plans to raise the issue at council.

TORSTAR NEWS SERVICE

Lake Ontario **Karate Kid fever**

JOHN R. KENNEDY/FOR METRO TORONTO

A young man practices his Karate Kid moves atop a lifeguard stand at Ashbridges Bay beach yesterday. Environment Canada is predicting a high UV index for today. The Karate Kid was tops at the box office last weekend, raking in $55.7 million US at Canadian and U.S. theatres.

Canadians feeling the time crunch, report says

STRESS More Canadians are feeling crunched for time as they balance home life and work, according to a new report.

The report released by the Canadian Index of Wellbeing found that the proportion of Canadians reporting they experience a lot of pressure on their time grew from 16.4 per cent in 1992 to 19.6 in 2005.

While single parents with young kids were the most-time crunched group, women felt the pressure more than men — nearly 23 per cent compared to close to 17 per cent. "The time crunch pressure seems to be growing more so on women than on men, but the fact that it's growing generally is a bit of a concern," said Roy Romanow, chair of the CIW Advisory Board.

More adults, particularly women, are providing care to seniors. One in four employed Canadians were responsible for caring for an elderly dependent, while one in five had responsibilities for caring for both children and seniors.

THE CANADIAN PRESS

Always on call

- The report cited greater consumer demand for services outside of weekday hours, and workplace technologies increasing demand on employees to be "perpetually on call" among the trends reshaping the use of time.

News in brief

STABBING Toronto police have identified a teen who died after being stabbed near a school park. Police say Justice Ferrigno, 16, of Toronto, was stabbed after getting into a fight near Bathurst Street and St. Clair Avenue late Saturday night. Ferrigno died later in hospital. Police say a suspect, who appeared to be under 18, was last seen fleeing the area on foot.

THE CANADIAN PRESS

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Cargo train plus garbage truck equals messy situation

Police say nearly a dozen cars on a Canadian Pacific cargo train derailed yesterday in a collision with a garbage truck near St. Adolphe, south of Winnipeg. RCMP said the southbound train was hauling sulphur and sulphuric acid, but none of the hazardous material leaked. THE CANADIAN PRESS

Canada

N.B. premier vows more drug access

New Brunswick Premier Shawn Graham, left, is promising greater access to prescription drug programs in the province. He says all New Brunswickers would have the opportunity to access a prescription drug plan by 2012 under his Liberal government's plan. Graham says his government would work with business to ensure that the about 200,000 New Brunswickers who don't have access to a prescription drug plan would have access to affordable coverage. THE CANADIAN PRESS

Waterloo **GG in motion**

DAVE CHIDLEY/THE CANADIAN PRESS

Gov. Gen. Michaëlle Jean gestures as she speaks to Research in Motion (RIM) officials, from left, Tim Lang, Morgan Elliott and Suzanne Audet, after touring one of their manufacturing facilities in Waterloo yesterday.

An 'honour crime'?

Girl, 19, sent to hospital after alleged attack by mother

A Montreal mother alleged to have stabbed her daughter in the head as a so-called "honour crime" was hysterical and not of sound mind, her lawyer said yesterday.

Johra Kaleki, 38, was scheduled to be arraigned but her lawyer argued successfully to have her dispatched to a psychiatric hospital for a 30-day evaluation.

Lawyer Tom Pentefountas told Quebec court that an evaluation was necessary and, after he grudgingly divulged some details of his case, the request was approved by Judge Serge Boisvert.

Police said earlier yesterday the attack had all the hallmarks of a so-called honour crime.

"We think there was a temporary lapse in the mental capacity of (the accused)."
Tom Pentefountas, lawyer

Pentefountas told the judge his client was normally a balanced individual — but took leave of her senses on Sunday morning.

"We have a situation where a mother was alleged to have stabbed her teenage daughter, the reason being alleged that she came home late," Pentefountas told the judge.

"My colleague is raising in the file the idea of crimes of honour, and we think there was a temporary lapse in the mental capacity of Johra."

The Crown said Kaleki was hysterical that morning and had to be calmed down. Kaleki began to sob as her husband pleaded with the judge from his seat in the public gallery.

"Please, sir, my wife is innocent," Ebrahim Ebrahimi told the judge as security tried to quiet him.

Kaleki is facing three charges: Attempted murder, assault and possession of a weapon. She is forbidden to communicate with any of her daughters, but the judge did not approve the Crown's request that a communication ban extend to her husband.

Her 19-year-old daughter is in stable condition in hospital.

"The victim will make it for sure," said Montreal police Const. Olivier Lapointe. "We have the confirmation from the doctors ... she will survive."

Police arrived at the family home Sunday morning and Lapointe says investigators quickly arrived at the conclusion that it was an "honour" crime after scanning evidence gathered from the home, from witnesses and from the victim herself. THE CANADIAN PRESS

U.S. Supreme Court rejects Arar's appeal

RENDITION The U.S. Supreme Court rejected an appeal yesterday from Maher Arar, the Canadian engineer who was caught up in the U.S. government's secret transfer of terror suspects to other countries.

The court did not comment in ending Arar's quest to sue top U.S. officials, including former attorney general John Ashcroft.

The decision "eliminates my last bit of hope in the judicial system of the United States," Arar acknowledged in a statement.

Maher Arar

"When it comes to 'national security' matters the judicial system has willingly abandoned its sacred role of ensuring that no one is above the law. ... Unless the American people stand up for justice they will soon see their hard-won civil liberties taken away from them as well."

Arar, a Syrian-born Canadian citizen, was detained by U.S. immigration agents on Sept. 26, 2002 as he stopped over in New York's John F. Kennedy International Airport on a flight home to Canada.

Days later, he was sent by private jet to Syria. After nearly a year in a Syrian prison, he was released without charge and returned to Canada.

"The courts have regrettably refused to right the egregious wrong done to Maher Arar," said David Cole, a lawyer for the U.S.-based Center for Constitutional Rights.

THE ASSOCIATED PRESS

Opposition threat of parliamentary shutdown puts brakes on Tory foot-dragging over Afghan documents.
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News in brief

MOUNTIES The government is tabling legislation to create a new watchdog over the RCMP. The Conservatives originally announced the new oversight agency for the Mounties in March when they tabled their last budget. The budget earmarked $8 million over two years to set up the body, which will replace the existing Commission for Public Complaints against the RCMP. Public Safety Minister Vic Toews says the new agency will bring civilian oversight of the RCMP in line with modern standards. The current oversight body does not have the power to properly look into the Mounties' security activities, nor does it have full access to information in RCMP files, or the power to review or audit RCMP policies.

ASBESTOS The Quebec government is breathing new life into Canada's dying asbestos industry. The province is preparing to back a loan of $58 million to reopen a mine in the town of Asbestos, a cash injection that could keep it operating for the next 25 years. The town's mayor predicts that reviving the Jeffrey Mine could create more than 400 direct and 1,000 indirect jobs in the area. THE CANADIAN PRESS

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Fire victim was 17
Police have identified a 17-year-old boy who died in a weekend fire in a Brantford, Ont., townhouse. Firefighters found the body of Eric Poirier on the upper floor of the townhouse at about 4:30 a.m. on Saturday. THE CANADIAN PRESS

THE CANADIAN PRESS/ANDREW VAUGHAN

Members of several labour unions march to a meeting of federal, provincial and territorial finance ministers in Lakeside, Prince Edward Island yesterday. The ministers have agreed to what Minister Jim Flaherty calls a "modest" and gradual increase in Canada Pension Plan payroll premiums.

Pension reforms take step forward

Finance Minister Jim Flaherty says the federal and provincial governments have taken a "significant step forward" after agreeing yesterday to continue working on a plan that would see a modest increase in the Canadian Pension Plan benefit.

At the end of a day-long meeting with his provincial counterparts, Flaherty said a majority of provinces are in favour of a gradual increase in CPP benefits. The ministers also agreed that any changes would have to be fully funded, although Flaherty didn't offer details on what that would mean, and they would be phased in gradually.

He said a "couple" of provinces did not agree with the proposed changes, but he declined to identify them.

"We were not unanimous, but certainly the substantive majority view is that we should proceed," Flaherty told a news conference at the golf and beach resort on Prince Edward Island where they met.

"Now there's a lot of work to be done. You know, what does modest mean? How do we go about doing this?"

While Ontario supports moving forward, Alberta was one of the provinces to express opposition to an increase in the CPP after the meeting.

The ministers have asked their officials to look at the details of improving the CPP and to complete that work by the fall. After officials report back to the finance ministers, Flaherty said it would be up to each province to decide if the plan would work for them.

"But I am pleased that we have substantive majority support on this already," he said.

"We have a clear direction ... I think this is a significant step forward."

The talks on pension reform, which were two years in the making, gained momentum last week when Ontario backed a plan that would include a moderate, gradual and mandatory expansion of the CPP.

Earlier yesterday, about 125 people staged a peaceful demonstration outside the resort in Lakeside.

Larry Brown, secretary-treasurer of the National Union of Public and General Employees union, said about one-third of Canadians are retiring with only the CPP and Old Age Security, which means they are living on about $17,000 a year.

"That's poverty-level retirement wages," he said.

"At least a third of Canadians, maybe more, that's essentially all they have to retire on ... that's a crisis that's not looming, it's already on us."

THE CANADIAN PRESS

Canadian shot dead in Mexican town

CRIME Friends are confirming a Canadian man has been shot to death by gunmen in Mexico.

They say Kenneth Klowak was killed by armed men after he refused to stop at a road block last Wednesday.

Mexican magazine Proceso says Klowak was shot and killed by gunmen in the town of Allende, a town near the Mexico-U.S. border in the state of Coahuila, some 65 kilometres from Eagle Pass, Texas.

Wayne Biegel, who heard the news from a friend of Klowak's parents, says the 43-year-old was in Mexico building bike trails for his employer.

He says Klowak, who is from Mansfield, Ont., a town about an hour's drive northwest of Toronto, was an avid biker who constructed trails for his employer in Jamaica for the past two years.

Biegel, from the nearby town of Orangeville, says Klowak was due to visit his parents in Ontario at the end of the month.

He called his friend of more than 20 years a passive and well-liked gentleman who wouldn't upset anyone.

"He was very happy, he was looking forward to ... coming back to Ontario," Biegel said in an interview.

The Department of Foreign Affairs in Ottawa confirmed it was aware of the death of a Canadian citizen in the region of Piedras Negras, Mexico, but did not release any names.

Spokeswoman Dana Cryderman said a second Canadian citizen who was also part of the group excursion has been reported unharmed.

THE CANADIAN PRESS

Funeral

- A funeral for Klowak is scheduled for Thursday in Orangeville, Ont.

Quebec probes how judges are chosen

HEARINGS Former Supreme Court justice Michel Bastarache has opened hearings in Quebec City that will look into how judges are appointed in Quebec.

Premier Jean Charest called the inquiry after headline-grabbing allegations were made by his former justice minister Marc Bellemare.

Michel Bastarache

The ex-minister claims he was pressured to appoint judges approved by Liberal party fundraisers in 2003 and 2004. He says he complained about the practice to Charest and was ignored; the premier has sued his old minister for defamation.

THE CANADIAN PRESS

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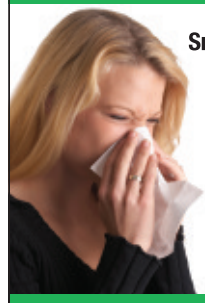

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Alberta to replace trees lost to pine beetles

Alberta is offering to replace trees ravaged by pine beetles on private or municipal land. It's a joint effort with business and the non-profit organization Tree Canada. THE CANADIAN PRESS

Fear keeping groups silent

Aid agencies avoid forum so as not to lose federal funding

Some community groups are so fearful of losing scarce government money that they decided to avoid a public forum on the issue on Parliament Hill.

Several high-profile aid agencies have faced funding cuts in recent months and say they are being punished for speaking out against government policies.

"The chill is real and this is a new and sad development in Canadian policy."
Anonymous caller

But what's also happening, advocates say, is that those who still get money fear to speak in support of those who have been cut off.

It's dividing a community that's prided itself on solidarity for decades.

"I tend to be an outspoken public speaker and would never have imagined a time in Canada where I would be reluctant to speak publicly," said one anonymous caller to yesterday's forum, organized by Liberal MPs Ken Dryden and Anita Neville.

"The chill is real and this is a new and sad development in Canadian policy."

Dryden said he knew of at least one other group that flat out refused to be involved with the forum because it has a funding application before the government.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

Local residents survey damage yesterday caused by a landslide near Oliver, B.C. No one was hurt but five homes were destroyed when a wall of mud, water and rock swept down Testalinden Creek, about 400 kilometres east of Vancouver Sunday.

Residents not yet allowed to go home after landslide

B.C. More than two dozen families in southern B.C. remained evacuated from their homes yesterday as crews began the cleanup following a massive landslide.

The Regional District of Okanagan-Similkameen had planned to allow most residents back into their homes, but with rain in the forecast there remained concern of another slide. Crews were checking ground stability, trying to gauge the threat and determine what caused the mountainside to give way Sunday afternoon.

"We still have it in effect because they're trying to secure the upper part of where the mud and the water came from. Once that's secured, we can start resting a little easier," said Dale Kronebusch, emergency services supervisor for the regional district and director of the emergency operations centre.

No one was hurt but five homes were destroyed when a wall of mud, water and rock swept down Testalinden Creek, south of Oliver, B.C., about 400 kilometres east of Vancouver. Twenty-six properties were evacuated.

Oliver Mayor Pat Hampson said it appears a blocked culvert may have suddenly collapsed at the mouth of a small lake, unleashing the torrent that wiped out the homes and covered Highway 97 under several metres of mud.

THE CANADIAN PRESS

Financial aid

- Oliver Mayor Pat Hampson said he's been told by the area's MLA that homeowners will receive some provincial government help under the disaster assistance plan.

B.C. investing in full-time kindergarten

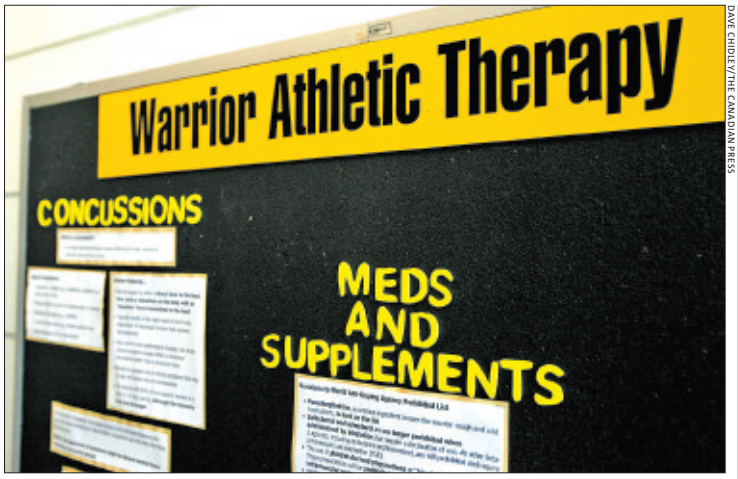
EDUCATION The B.C. government is investing $144 million to implement its promised full-time kindergarten program across the province.

Premier Gordon Campbell and Education Minister Margaret MacDiarmid announced the funding, along with a six-step action plan.

B.C. will need 665 new classrooms in order to offer all five-year-olds all-day kindergarten by the start of the 2011 school year, as planned.

MacDiarmid said the province will buy 133 new modular classrooms, build additions to 21 schools, renovate others and reopen one primary school that had been closed in Kelowna. THE CANADIAN PRESS

Nexen drilling on hold
Calgary-based Nexen Inc.'s appraisal drilling at its Appomattox discovery in the Gulf of Mexico has been put on hold as a result of the BP disaster, the firm's chief executive said yesterday. THE CANADIAN PRESS



DAVE CHIDLEY/THE CANADIAN PRESS

A bulletin board with anti-doping rules hangs on the wall in the area of the University of Waterloo Warriors football facilities yesterday in Waterloo. The University of Waterloo has suspended its football program for a year in the wake of a steroids scandal called the 'most significant' in Canadian university sports history.

Steroid scandal 'most significant' in CIS history

University of Waterloo suspends its football program

The University of Waterloo has suspended its football program for a year in the wake of a steroids scandal called the "most significant" in Canadian university sports history.

The doping revelations stem from the spring arrest of Warriors receiver Nathan Zettler for possession and trafficking of anabolic steroids.

That prompted the school to order the entire team be tested.

From the 62 urine samples collected, the Canadian Centre for Ethics in Sport reported nine potential anti-doping infractions. They included four admissions of use, three positive tests and one refused test. A ninth case is pending additional police investigation, the CCES said.

The Warriors posted a 3-5 record last year to finish tied for sixth on points with Guelph in the 10-team OUA standings. They didn't make the playoffs.

"The volume of positive tests is unprecedented in our history, so absolutely, it has given us pause to reflect and to take a good, hard look at what's in place."
Marg McGregor,
CEO of Canadian Interuniversity Sport

"There's no question that this has been an eye-opener," said Marg McGregor, CEO of Canadian Interuniversity Sport. "The volume of positive tests is unprecedented in our history, so absolutely, it has given us pause to reflect and to take a good, hard look at what's in place."

McGregor called it the "most significant doping issue in CIS history."

Paul Melia, president of the CCES, commended the university for testing the entire team, calling it "bold and decisive action."

The CCES also conducted some blood testing but those results are not yet available. Blood tests can detect the presence of substances such as human growth hormone.

Head coach Dennis McPhee and assistant Marshall Bingeman are being placed on paid leave from football duties while the university conducts a full review.

"There's a larger message we need to send with this action," Copeland said.

Players and some family members gathered outside the room where yesterday's news conference was to be held, venting their frustration.

THE CANADIAN PRESS

Court rejects U.S. Steel challenge

BUSINESS The Federal Court has upheld the act governing foreign investment in Canada, potentially opening the door to a forced sale of U.S. Steel Corp.'s Canadian operations.

U.S. Steel had challenged the constitutionality of the Investment Canada Act, arguing it doesn't give foreign companies the rights required under Canadian law.

But the court ruled yesterday that the act does not violate the Canadian Charter of Rights and Freedoms or the Bill or Rights.

This means a court case against U.S. Steel will go ahead. It will now be up to the court to rule on whether or not the company was justified in breaking employment and production promises it made when it acquired the former Stelco Inc. in 2007.

If U.S. Steel is found to have illegally broken its undertakings, it could face a multimillion-dollar fine or be forced to sell its Canadian operations.

THE CANADIAN PRESS

News in brief

TRIAL An Edmonton filmmaker accused of murdering a man will have his case heard starting this fall. Police allege Mark Twitchell killed 38-year-old Johnny Altinger at a garage on Oct. 10, 2008, after luring him there on the pretence Altinger was to meet a mystery woman he'd chatted with online. Police also say another man was lured to the same garage a week earlier, but managed to escape.

LAWSUIT A B.C. man who went to hospital with back pain and was treated for spinal cancer is now suing because he never had cancer. THE CANADIAN PRESS

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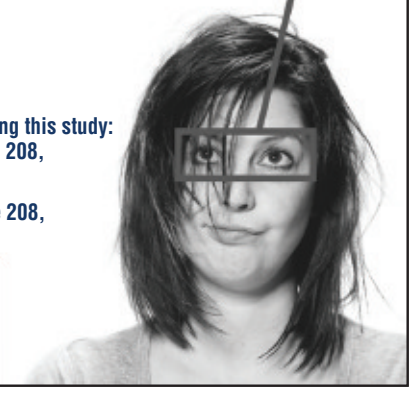
390 Steeles Avenue West, Suite 208, THORNHILL (Bathurst/Steeles)

the INSOMNIA study



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Halifax gets $3M for soccer centre
The Nova Scotia government is spending $3 million to expand an indoor soccer training centre in Halifax. THE CANADIAN PRESS

Military wanted Colvin gone

Newly released memo called for whistleblower's re-evaluation

Senior military officials at Canada's overseas command wanted to see diplomat-whistleblower Richard Colvin reined in and possibly removed from his job at the embassy in Kabul.

A toughly worded memo dated May 7, 2007, was released yesterday as part of an inquiry by the military police complaints commission. It painted Colvin as a troublemaker "with a pattern of questionable reporting decisions" whose position as the embassy's No. 2 should be re-evaluated.

It warned he "could become a liability to the Government of Canada's interests if left unchecked."

The memo, penned by a policy adviser at Canadian Expeditionary Force Command, recommended Colvin be reminded of responsibilities as a diplomat and "boundaries as a reporter." It said if he was not checked "his contribution to the Embassy in Kabul should be re-evaluated."

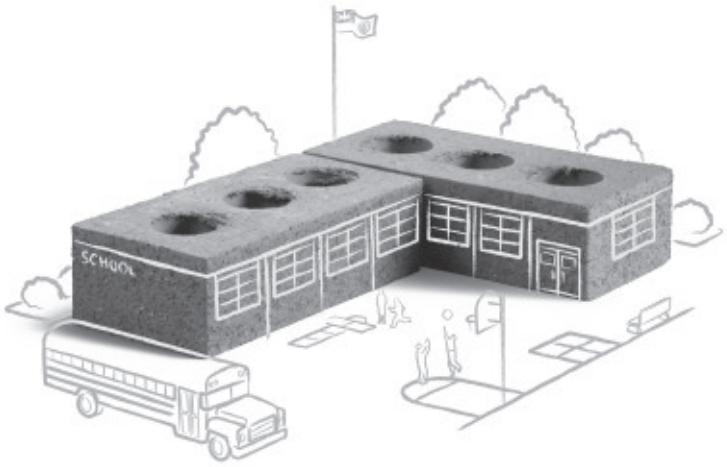
Starting in June 2006, Colvin filed a series of memos critical of Canada's policy in handing suspected Taliban prisoners over to Afghan authorities. He has testified his repeated warnings about possible torture were ignored.

Colvin's explosive allegations became public last fall when they were aired before a parliamentary committee. At the time, many in government and the military professed never to have heard of the diplomat.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Former diplomat Richard Colvin testifies at the Military Police Complaints Commission in April. Senior military officials at Canada's overseas command wanted to see diplomat-whistleblower Colvin reined in and possibly removed from his job at the embassy in Kabul, says a memo released yesterday.



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Killed couple seasoned travellers

BUS CRASH A retired Canadian couple killed in a Swiss bus crash that injured more than a dozen other tourists were seasoned travellers who had been married 45 years and left behind a large family.

David Johnston, 70, and his wife Joan, 67, both of Brockville, Ont., died Saturday when the tour bus they were on with dozens of other Canadians crashed in southern Switzerland.

"They did enjoy travel in their retirement and had travelled most parts of the world," Joan Johnston's brother Alvin Bennett told The Canadian Press yesterday.

The couple, who had been teachers in eastern Ontario, is survived by two children and four grandchildren, as well as Joan Johnston's father and numerous brothers, sisters, nephews and nieces.

Nine travellers remained in hospital in southern Switzerland while other Canadians involved in the crash were flying back to Canada.

THE CANADIAN PRESS

Tories consider lowering HST if elected

TAX The Progressive Conservatives are considering a campaign pledge to reduce the new harmonized sales tax rate to 12 per cent from 13 per cent if elected next year.

While Tory Leader Tim Hudak had repeatedly refused to say what his party would do if they toppled Premier Dalton McGuinty's Liberals in 2011, he hinted yesterday a cut might be in the works.

Hudak told reporters he would be spending the summer gauging public opinion across the province before unveiling any policies. TORSTAR NEWS SERVICE

Mexican police officers killed in attack
Mexican federal police report 10 of their officers have been killed in an attack near a high school in western Mexico. The Public Safety Department said police officers came under fire from a gang near a vocational high school in Michoacan state. THE ASSOCIATED PRESS

World

Top U.S. court overturns deportation

The U.S. Supreme Court has ruled that an immigrant's second minor drug offence — possession of a single tablet of an anti-anxiety drug without a prescription — should not lead automatically to deportation. The justices unanimously reversed yesterday a federal appeals court ruling that upheld the deportation to Mexico of Jose Angel Carachuri-Rosendo. THE ASSOCIATED PRESS

Tales of Uzbek horror

Thousands continue to flee as more than 130 dead in Kyrgyz violence

Standing behind barbed wire with other Uzbek refugees, the woman tearfully raised her hands in a Muslim prayer yesterday for her dead husband. She had left his body at their burned-down house in southern Kyrgyzstan while fleeing ethnic riots that reduced much of a major city to ruins.

ANVAR ILYASOV/THE ASSOCIATED PRESS

An Uzbek woman who fled from the Kyrgyz city of Osh cries yesterday as she stands in a no-man's land near the Uzbek village of Jalal-Kuduk waiting for permission to cross into Uzbekistan.

"He's lying there unburied," lamented the woman, who identified herself only as Khadicha, a doctor in her 50s, as she waited in a no-man's land to cross into Uzbekistan.

She is among tens of thousands of minority Uzbeks who have fled the deadliest violence Kyrgyzstan has seen since the two ethnic groups fought over land 20 years ago as Moscow lost its grip on the former Soviet republic in Central Asia.

In the southern Kyrgyz city of Osh, five kilometres from the border with Uzbekistan, gunfire pierced the air and fires raged for a fourth day.

Officials said 138 people were killed and nearly 1,800 wounded since the violence began last week, but an Uzbek community leader said at least 200 Uzbeks had already been buried, and many bodies had not been recovered from charred homes and businesses.

The United States and Russia, which both have military bases in northern Kyrgyzstan — away from the violence — worked on humanitarian aid airlifts, as did the United Nations.

Uzbekistan hastily set up camps to handle the flood of refugees, most of them women, children and the elderly.

They were hungry and frightened, with accounts of Uzbek girls being raped and Kyrgyz snipers shooting at them as they rushed to the border.

Aid workers said many had suffered gunshot wounds.

Kyrgyzstan's interim government, which took over when former president Kurmanbek Bakiyev was ousted in an April uprising in the impoverished country, has been unable to stop the violence and accused Bakiyev's family of instigating it to halt a June 27 referendum on a new constitution.

Uzbeks — a minority in Kyrgyzstan as a whole but whose numbers rival the Kyrgyz in the south — have backed the interim government.

Many Kyrgyz in the south have supported Bakiyev. Kyrgyz security chief Kenishbek Duishebayev said yesterday that Bakiyev's son, Maxim, was arrested earlier in the day in Britain when he flew into an airport on a private plane.

Britain's Home Office said it could not comment for legal reasons.

Prosecutors, who placed him on an international wanted list in May, allege that companies he owned avoided almost $80 million US in taxes on aviation fuel sold to suppliers of the U.S. air base near the capital of Bishkek that is a crucial supply hub for the coalition fighting the Taliban in Afghanistan. THE ASSOCIATED PRESS

Indiana Hoosiers do love hoops

MICHAEL CONROY/THE ASSOCIATED PRESS

A worker walks through "Free Basket" yesterday, an installation at the Indianapolis Museum of Art. The museum's Virgina B. Fairbanks Art & Nature Park will open to the public next week.

Iranian cleric calls for 'special weapons' in reference to nukes

IRAN The hardline spiritual mentor of Iran's president has made a rare public call for producing the "special weapons" that are a monopoly of a few nations — a veiled reference to nuclear arms.

The Associated Press yesterday obtained a copy of a book written by Ayatollah Mohammad Taqi Mesbah Yazdi in which he wrote Iran should not deprive itself of the right to produce these "special weapons."

Iran's government, as well as its clerical hierarchy, have repeatedly denied the country is seeking nuclear weapons, as alleged by the U.S. and its allies.

The Security Council last week imposed a fourth round of sanctions in response to Tehran's refusal to halt uranium enrichment, which Iran maintains is only for its nuclear energy program, but could conceivably be used to produce material for weapons.

Sanctions

- European foreign ministers agreed yesterday to recommend a package of additional sanctions against Iran. Meanwhile, Iran's most powerful military force, the Revolutionary Guard, said it was not worried by the latest sanctions.

Yazdi's book, The Islamic Revolution, A Surge In Political Changes In History, was written in 2005 and then reprinted last year, but would have only had a very limited circulation among senior clerics.

"The most advanced weapons must be produced inside our country even if our enemies don't like it. There is no reason that they have the right to produce a special type of weapons, while other countries are deprived of it," Yazdi said. THE ASSOCIATED PRESS

News in brief

SPAIN Barcelona said yesterday it will ban face-covering Islamic veils in municipal buildings, the latest Spanish city hall to crack down on the use of such garments in public, as much of Europe considers following suit. Mayor Jordi Hereu insisted the measure was not specifically anti-religious, saying it was aimed at all dress that impeded identification and included motorcycle helmets. "You can't enter a town hall office and not be able to be identified," he said. "In no way does it target religious belief." **EGYPT** The Justice Ministry yesterday announced it is drafting a new law to regulate marriage and divorce for the country's religious minorities, following an outcry over a decision that would allow Christians to remarry. The move is likely an effort to deflect anger from Egypt's Coptic Church. THE ASSOCIATED PRESS

A wife puts a hit on her husband, but still gets half of everything in the divorce. What's wrong with this picture?
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Sunday school teacher gets life in prison

A Sunday school teacher who pleaded guilty to kidnapping and murdering a neighbour girl in Northern California is headed to prison for the rest of her life. A judge sentenced 29-year-old Melissa Huckaby to life without parole yesterday as part of a plea deal that took the death penalty off the table. THE ASSOCIATED PRESS

Despite investigation, Israel still in hot seat over Gaza

MIDDLE EAST Israel's government yesterday approved an investigation into the deadly raid on a flotilla trying to break the blockade of Gaza, rejecting calls for an international inquiry but allowing the participation of two accomplished foreign observers to try to deflect the criticism.

Demonstrating that Israel is still under pressure, representatives of the 27-nation European Union called the three-year blockade unacceptable. In a step toward easing the embargo, the EU offered to renew its role in helping supervise Gaza's volatile border crossings.

The European Union call added to the intense pressure Israel has faced to lift the blockade since the flotilla raid. Israel and Egypt imposed the blockade in 2007 in an attempt to squeeze the Islamic militants of Hamas, who had just seized control of the Gaza Strip.

BAZ RATNER/THE ASSOCIATED PRESS POOL

Israeli Defence Minister Ehud Barak, left, listens to Prime Minister Benjamin Netanyahu during a cabinet meeting in Jerusalem yesterday.

The most notable dissent has come from U.S. President Barack Obama, who called the Gaza closure unsustainable. The U.S. pressure resonates more with the Israelis because of their close alliance with Washington.

Hoping to deflect some of the criticism triggered by the May 31 naval raid, Israel announced it would allow two prominent figures from abroad to observe its inquiry: David Trimble, a Nobel peace laureate from Northern Ireland; and Canada's former chief military prosecutor, retired Brig.-Gen. Ken Watkin.

Trimble, a member of the British House of Lords, belongs to a pro-Israel faction in the parliament. Watkin has been a visiting fellow in the human rights program at Harvard Law School.

Palestinian President Mahmoud Abbas rejected Israel's investigation plan, asserting that it falls short of UN Security Council demands for an "impartial" investigation.

THE ASSOCIATED PRESS

U.S. warns 13 countries over human trafficking

RIGHTS The United States yesterday warned more than a dozen states, including Iran, North Korea, Cuba and Myanmar, of possible sanctions for failing to do enough to fight human trafficking.

The State Department's 10th annual review of global efforts to eliminate the trade in human beings and sexual slavery put 13 countries on notice that they are not complying with minimum international standards and could face U.S. penalties.

Other nations receiving a failing grade were Congo, the Dominican Republic, Eritrea, Kuwait, Mauritania, Papua New Guinea, Saudi Arabia, Sudan and Zimbabwe. Another 58 countries were placed on a "watch list" that could lead to sanctions unless their records improve.

For the first time, the United States was included in the department's Trafficking in Persons Report and was given high marks.

The report said that while trafficking is a problem, the U.S. is complying with all minimum standards. It placed the U.S. along with 27 other mainly European countries in the top "Tier 1" category for compliance.

"It is important to keep the spotlight on ourselves," Secretary of State Hillary Rodham Clinton said.

"Human trafficking is not someone else's problem. Involuntary servitude is not something we can ignore or hope doesn't exist in our own communities."

THE ASSOCIATED PRESS

News in brief

LIBYA Max Goeldi, a Swiss businessman detained nearly two years in Libya amid a dispute over the arrest of Moammar Gadhafi's son, accused Libyan authorities yesterday of kidnapping and holding him and a Swiss colleague in solitary confinement for 53 days.

GERMANY Four young men have confessed to carrying out a brazen daylight raid on a poker tournament in March as their trial on charges of robbery and bodily harm opened at a Berlin state court. The four stormed into the tournament at a downtown Berlin hotel March 6 and made off with $332,000 US in jackpot money.

DOCUMENTS Most of the secret FBI files on the late Sen. Edward Kennedy being released yesterday concern death threats against the long-time senator. Media organizations requested the documents through Freedom of Information Act requests.

THE ASSOCIATED PRESS

DAVE MARTIN/THE ASSOCIATED PRESS

A health advisory is posted yesterday as crews clean up oil from the Deepwater Horizon spill in Orange Beach, Ala.

Obama prepares for showdown with BP

Calls for accountability on tour of Gulf

U.S. President Barack Obama toured the oil-ravaged Gulf coast yesterday, asserting that BP appeared ready to meet his demand for a multibillion-dollar, independently-run damage fund.

Spokesman Bill Burton told reporters with the president that the administration and BP were "working out the particulars," such as the exact amount of the fund and how it would be run. He said the account would be in the hands of a third-party and would amount to "billions of dollars."

"This is a critical way in which we're going to be able to help individuals and businesses in the Gulf area become whole again."

The administration had said earlier — uncertain that BP would voluntarily establish the damage fund - that Obama was prepared to force BP to take the step.

On his fourth visit to the region, Obama was determined to assert leadership in face of the calamity, with the White House showing the president using all the power available to him to stem the continuing flood of oil into the Gulf and extract compensation from BP for victims.

Obama's first stop was a briefing at a Coast Guard station on Mississippi's coast, where he said that the two days in the region would help him prepare for tomorrow's showdown with BP. In particular, Obama said there continues to be problems with claims for damages and with effective co-ordination.

"We're gathering up facts, stories, right now so that we have an absolutely clear understanding about how we can best present to BP the need to make sure that individuals and businesses are dealt with in a fair manner and a prompt manner." THE ASSOCIATED PRESS

What was BP up to yesterday?

- BP's board gathered yesterday in London to discuss deferring its second-quarter dividend and putting the money into escrow until the company's liabilities from the spill are known..
- The company said in a statement its costs for responding to the spill had risen to $1.6 billion, including new $25-million grants to Florida, Alabama and Mississippi. It also includes the first $60 million for a project to build barrier islands off the Louisiana coast, but does not include future costs for scores of damage lawsuits already filed.

Pilot's strike grounds airline
U.S.-based Spirit Airlines is cancelling all flights through tomorrow because of a pilots' strike. THE ASSOCIATED PRESS

Guilt of living

Survivors of tragedies often suffer lifelong guilt

ELISABETH BRAW
Metro World News

Jessica Schock and boyfriend Jeremy the day he died.

On a hot summer day four years ago, Jessica Schock and her boyfriend, Jeremy, were enjoying one of their favourite activities together: River rafting. By the end of the afternoon, Jeremy was dead.

"Jeremy wanted to jump from a rock, but he slipped and hit his head," recalls Schock, who was waiting in the river below. "He fell into the river and landed close to me. I took off my lifejacket to dive under and get him, but I couldn't see him." A police diving team found Jeremy. "I was allowed to see him in the body bag," says Schock, a financial analyst in Wisconsin.

"I lied down in the body bag with him. I didn't want to leave him, and kept saying I was sorry I couldn't get my lifejacket off fast enough."

Since the accident, Schock has gone through every imaginable emotion. "I've hated myself for living," she explains. "I've been mad that I had to live and Jeremy didn't get to. I've prayed to God to take me so I could be with him again." Schock isn't afraid to admit that she suffers from survivor guilt. The condition, first diagnosed in the 1960s among concentration camp survivors, affects survivors of violence, accidents and natural disasters — even layoffs. Survivor guilt has been known for a long time, but like post-traumatic stress disorder, it has only recently become a widely acknowledged condition.

Ruben van Assouw, the sole survivor in May's Afriqiyah Airways crash outside Tripoli, will most likely develop guilt. The fact the nine-year-old could have done nothing to save his parents, brother or the other passengers doesn't matter. "Survivors feel guilty because they got out but couldn't help others get out," explains Dr. Stefanie Ulrich, a psychologist at Fairleigh Dickinson University who specializes in trauma counselling. "Feeling that you could have done something is easier than admitting that there's nothing you could have done and that you were, in fact, powerless."

Well-meaning friends often point out the obvious to survivors: That they couldn't have prevented the disaster. "But don't tell a survivor, 'That doesn't make sense' or 'that's stupid,'" advises Ulrich. "They already know that people think they're crazy. The best thing to do is to allow them to just talk about their feelings."

After four years of talking about Jeremy's death, Schock hasn't overcome her survivor guilt — but it no longer consumes her. "I started to think about what Jeremy brought to my life," she says. "I realized I was lucky to spend his last day with him. I tried to imagine not being there and not knowing all the details of his end and it crushed me. And his death taught that if you love someone, tell them and don't hold back. You never know if you will get to say it again."

News in brief

AUSTRALIA A team of scientists flew to the Outback yesterday and recovered a Japanese space capsule that they hope contains asteroid samples providing clues into the evolution of the solar system. The Hayabusa explorer returned to Earth overnight after a seven-year, six-billion kilometre journey, burning apart on re-entry in a spectacular fireball just after jettisoning the capsule. It was the first time a spacecraft successfully landed on an asteroid and returned to Earth. Seiichi Sakamoto of the Japan Aerospace Exploration Agency, which launched the explorer in 2003, said they were "delighted" to recover the capsule, particularly after a number of technical problems delayed Hayabusa's arrival for three years.
THE ASSOCIATED PRESS

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Shipwreck found off Albania
Archaeologists believe they have found the wreckage of an Italian ship that British forces torpedoed during the Second World War. THE ASSOCIATED PRESS

Colombia **Finally free**

ARIANA CUBILLOS/THE ASSOCIATED PRESS

Colombia's Army Gen. Luis Mendieta, centre, is congratulated yesterday by friends and family upon his arrival to a military base in Bogota. He had been a hostage of the Revolutionary Armed Forces of Colombia (FARC) for 12 years, and was rescued Sunday during an army operation.

Imbalance of trade

Mexico eclipses Canada in New Hampshire

The news hit like a lightning bolt at a recent conference on North American trade — New Hampshire, a state that borders Quebec, now does more trade with Mexico than it does with Canada.

New Hampshire Sen. Jeanne Shaheen's revelation during the recent Canadian-American Business Council meeting caused a stir, prompting many in the crowd to wonder if it illuminated strains in the Canada-U.S. trading relationship.

2009 N.H. trade

30% **Drop** in trade with Canada

40% **Rise** in trade with Mexico

"We have seen one worrying trend in New Hampshire over the last year," Shaheen said.

"In 2009 — and for the first time since I can remember — Mexico actually overtook Canada as our state's largest market for exports .... For a border state that has historically held extremely close economic ties with Canada, this is quite disconcerting."

THE CANADIAN PRESS

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Comment

Cancer's close-knit community

Lance Armstrong

As I packed my bags for the Tour de France, I included a necklace that I've worn every Tour since 1999. It reminds me of a friend who helped me beat cancer and start my true mission in life — the fight against this disease.

In January 1997, Stacy Pounds helped me launch my foundation, just as I was completing my own cancer treatment. That same month, Stacy, a heavy smoker, was diagnosed with incurable lung cancer.

All of us who knew her were devastated. My mother gave me two crucifixes. I wore one and gave the other to Stacy. I said, "This is going to be our bond. You wear it when you're being treated or whenever you want. And I'll wear mine forever." We wore them as symbols of our cancer kinship.

Stacy deteriorated quickly. The doctor told us she only had a matter of weeks to live.

Stacy's son, Paul, was a sailor serving with the U.S. Navy at sea. We called Charles Boyd, the only four-star general I knew, for help in getting Paul home to see his mother. "Lance," he said, "I lost my wife two years ago to cancer. I'll see what I can do." The next day, Paul was on his way home. That's what the term "cancer community" means.

At the same time, Stacy went into a nursing home. "I'm in pain and the nurses don't bring me my pain medicine," she said. We took her home and hired a full-time hospice nurse to take care of her.

Her son arrived and Stacy spent her remaining days at home with him. On Oct. 2, 1997, I celebrated the one-year anniversary of my cancer diagnosis. On Oct. 3, 1997, Stacy died. She was buried with her cross.

When the Tour starts July 3, I will put my necklace on. I will ride for Stacy and the 28 million people around the world living with cancer today.

Lance Armstrong has won the Tour de France a record seven times. He's the founder of cancer support organization Livestrong.

Views

Warning: Don't lose face over Facebook

InStep

Christine Williams

Summer months are upon us with revellers out in full swing. Pictures get taken, then enthusiastically posted on Facebook to proudly share the carousals with other friends.

Facebook is a cogent social-building network, but this club isn't exclusive. It's not only friends that are privy to lewd postings. It could be your employer.

But this is only one scenario. There are many others, which demonstrate that people can be under the false impression of being entitled to do as they please when it comes to their private life without consequences.

The operative word is "private." Facebook is not private even though it may feel that way. As a result, you may find out the hard way by getting fired, having your reputation for future employment tarnished; and if your case makes the news, you're now a hit item when Googled.

Some cases include:

A 29-year-old Quebec woman on long-term sick leave from IBM was reported to be fighting to have her disability benefits reinstated after her employer's insurance company cut them because of photos she posted on Facebook. She was diagnosed with depression. Photos posted on Facebook included her living it up at a bar show, her birthday party and on a sun holiday. This was taken to be evidence that she was no longer depressed.

In the U.S., a Catholic teacher was fired for posting teachings on Facebook regarding atheism that were deemed contrary to the church and the job contract.

These are a few cases that represent a growing number where technology is becoming more detrimental, yet we can't blame it. Technology is a prodigious asset when used with common sense and decorum.

This summer and beyond, a word to the wise: Beware about destroying your face with Facebook. With the click of a button, virtually anyone can find out anything from your sexual preference to exactly what you've been up to on a hot weekend — and more companies are snooping.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

MICHAEL DE ADDER

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Imax adding three more theatres in China

Imax Corp. has signed an expanded agreement with Chinese exhibitor Wanda Cinema Line Corp. to add another three Imax theatres in the Chinese cities of Quanzhou, Wuhan and Dalian — bringing its total installation deal to 14 screens. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Telecoms feel the squeeze

The telecom sector will take it on the chin this year as increased competition from new wireless carriers forces some to slash mobile phone pricing even as their costs increase, the Conference Board of Canada predicts.

An industry outlook report from the think-tank yesterday says profits for telecommunications companies will weaken to $6.7 billion this year. That's down from a $7-billion profit reported last year.

Major providers like Rogers, Bell and Telus are contending with a rush of new entrants including Globalive's Wind Mobile and Public Mobile.

"Competition will limit price increases for both telecoms and computer services firms," said Conference Board economist Maxim Armstrong.

The Big Three had anticipated the competition and invested in their infrastructure and slashed billing prices before the new entrants came to the market. THE CANADIAN PRESS

$1.3B The Conference Board said profits in the computer systems design industry, which includes software and website developers, are expected to slip to $1.3 billion this year, the third consecutive annual decline, due to rising costs even though revenues will likely improve.

India Inflation accelerates

CHANNI ANAND/THE ASSOCIATED PRESS

An Indian labourer fills a box of mangoes yesterday at a wholesale fruit market in Jammu, India. India's inflation rate accelerated faster than expected to 10.2 per cent in May over last year, spreading from food and fuel to core manufacturing prices, government data showed.

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New car sales slowing down

AUTOS The number of new motor vehicles sold in Canada declined for a second month in April, falling 4.7 per cent to 125,792, according to data compiled by Statistics Canada.

The agency placed much of the blame on lower sales of passenger cars, which fell 9.5 per cent from March to 57,639.

Overseas-built passenger cars accounted for most of the drop, falling 15.7 per cent. North American-built passenger cars were down only four per cent.

Sales were down in all provinces with Ontario down four per cent and Quebec down 8.5 per cent. THE CANADIAN PRESS

EU businesses warn their leaders to tread lightly amid debt crisis and plunging euro.

Scan this code for the story.

Learn how to scan on the Local page.

Business in brief

ENERGY Suncor Energy plans to sell its Dutch properties to British firm Dana Petroleum for $582 million as it continues to slim down following last year's merger with Petro-Canada. THE CANADIAN PRESS

Shop 'Til You Drop...Your Rate

More Quotes = More Savings On Car Insurance

Do You Love Shopping Around For The Best Deal?

If you're like most people, you'll often spend hours doing research, checking flyers, looking for specials, and running from one store to another to make sure you get the best possible price on everyday items such as; clothes, electronics, furniture, and even groceries. Nothing beats the thrill of knowing you paid less for something by shopping at one place instead of the other, right? It all adds up, how much time you invest and knowing where to go to get the best deals could end up saving you a bundle over the long run.

When Was The Last Time You Shopped for Car Insurance?

Sadly, even the smartest shoppers often don't spend nearly the same amount of time and energy shopping for car insurance, as they do for other items. After all, car insurance can be confusing, it never goes "on sale" (it only seems to get more expensive), it isn't much "fun" to buy, and it seems like no one place always has the best prices. But what if one place allowed you to compare rates from over 30 insurance companies? And what if it would only take about 10 minutes? And you could end up saving hundreds or even thousands of dollars? This is where InsuranceHotline.com can help by providing a free, unbiased rate comparison service that can connect you with a licensed insurance broker or agent who has the lowest rate available for your driving profile.

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Rate Comparison

Driving Record	Lowest Price	Highest Price	Savings
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1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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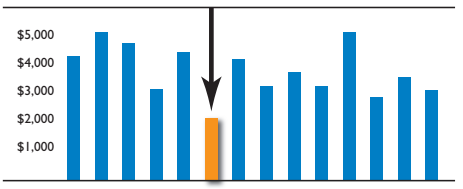

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Romancing the Russians

Harlequin continues expansion

Harlequin Enterprises Ltd., a subsidiary of Torstar Corp., continues its expansion into international markets with a new Russian licensing agreement.

Izdatelstvo Centrepolygraph will get worldwide rights to publish Harlequin titles in the Russian language.

Centrepolygraph plans to release more than 170 titles in its first year, most under the Harlequin logo and trademark, Harlequin announced yesterday.

So far this year, the international publisher of books for women has opened an office in Turkey and acquired full ownership of its German operation.

THE CANADIAN PRESS

15

Harlequin has licensees in 15 countries and has titles issued in 32 languages worldwide.

Business in brief

SOFTWARE Interior design software developer 20-20 Technologies Inc. says its second-quarter profit slipped as foreign exchange rates had a negative impact on its revenues. The Laval, Que.-based company, which reports in U.S. dollars, said the profits were $273,000 US for the three months ended April 30, worth a penny per share. That compared to a profit of $621,000 a year earlier, or three cents per share. Revenues grew by 13.2 per cent to $17.2 million, from $15.2 million a year ago, as the U.S. market showed signs of improvement.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Turning an idea into a business

AlisonOnMoney

Alison Griffiths
griffiths.alison@gmail.com

Summer is the season of possibilities. When everything is green and growing thoughts turn to nurturing that big, brilliant, business idea of yours. Here are some steps to take that will help you structure the process that can be a bit overwhelming.

ALISON'S MONEY RULE
Turn a great idea into a great business by taking care of business before you open your doors.

1 Assess yours OK, you've got talent and a great concept. But are you entrepreneur material? Do you have these signs of the entrepreneurial gene?

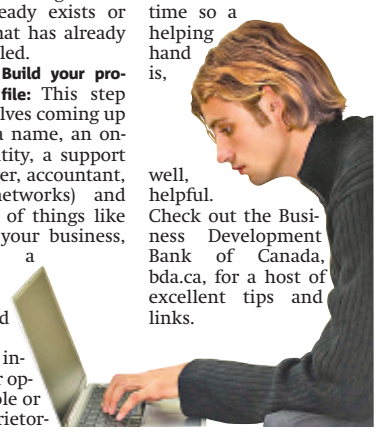
a) A need for achievement
b) The desire to influence others
c) A love of autonomy at work
d) Self-assurance
e) A strong work ethic
f) A high action drive
g) The strength to keep leaping tall buildings when taller ones keep popping up.
h) Creativity
i) Ego and competitiveness.
j) The ability to rebound from failure.

2 Make a plan: A business plan sketches out the idea and gets specific about how to develop it. Included should be marketing strategies and thorough market research. There's no point in duplicating what already exists or what has already failed.

3 Build your profile: This step involves coming up with a name, an online identity, a support group (lawyer, accountant, business networks) and taking care of things like registering your business, getting a GST\HST business number, and deciding whether to incorporate or operate as a sole or joint proprietorship. In the process you will also amass information about restrictions such as zoning or other obligations such as handicap parking and health regulations.

4 Finance it: A dream often starts the entrepreneurial spirit boiling but money keeps it simmering. Know your cash flow needs to pay the bills but you will also need a pot of cash to get things underway. This entails visits to banks and other lenders to determine if you qualify (new businesses will likely have to lean on personal or home equity lines of credit).

All of the above will take time so a helping hand is, well, helpful. Check out the Business Development Bank of Canada, bda.ca, for a host of excellent tips and links.



Alison Griffiths' show Maxed Out appears Wednesday nights at 10:30. alisongriffiths.ca

Secret the taxman won't tell you

Want to know a secret? There's another tax-free way to save for retirement-the taxman doesn't really want you to know. It's called universal life insurance, a special financial security portfolio that gives you life and health insurance coverage and a tax-deferred saving component.

David Quinton, regional sales manager of individual insurance with Desjardins Financial Security, explains:

What makes this product special? It's attractive because it allows you to reduce your tax burden by moving some of your taxable money and sheltering it within the universal life policy. It is very flexible and totally conforms to your needs because you can add or remove features and increase or decrease premiums at any time.

How does it work? The individual designs the portfolio based on their personal and/or family priorities. They may choose from a variety of insurances including term, whole life, and/or critical illness. The monthly minimum deposit covers the cost of the insurance and anything above this will accumulate in a tax advantaged savings account.

How does this product shield me from paying taxes? Basically, the taxes are deferred. Let's do a comparison. During your retirement, if you were to withdraw from your RRSP, you are required to pay tax at source. However, withdrawals from a universal policy are taxed differently. If you take out money, you could end up not paying any tax at all depending on how you arrange your withdrawals. If you assigned beneficiaries to your RRSP account, your beneficiaries would not receive the full RRSP amount because it would be taxed at source. However, beneficiaries would receive the entire insurance payout tax-free.

NEWS CANADA

Olympics pg6

Champion stay-at-home dad

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UESDAY, JUNE 15, 2010 metronews.ca

Gift Guide pg4

Great gift ideas for dad

Celebrating Father's Day

It's time spent together that really counts

Tickets to the Stanley Cup final? A Porsche for the day or golf and a steak dinner?

Many dads say it's much simpler than that.

For Doug Davis, 52, runny eggs and burnt toast do the trick. "My kids would trip all over each other running upstairs with the breakfast they made," the Aurora, Ontario dad recalls. "They'd wait for me to take the first bite, anticipation on their faces as if they'd done something magnificent – which they had. Then they'd hand me their homemade cards. Those special moments in life bind you."

Shelley Cinnamon makes the day special for her dad in Edmonton with simple conversation. "He's 92 and has dementia," she says. "We get him talking about growing up on his Saskatchewan farm. I find out how Dad became Dad… and how he got the values and beliefs that he passed on to me."

Karen McLennan's dad passed away at 53, but she has fond memories as a little girl, caddying a Father's Day golf game in Toronto and talking about "everything under the sun".

One special year, Maureen Barrett biked with her father to a strawberry patch in rural Ontario. But they got lost taking a shortcut home and "the strawberries were mush and dripping all over when we finally got there. We laughed about it for years."

Dr. Zane Zarzour, of Victoria B.C., will always remember the Father's Day he was 12 and won a gift for his dad. He'd had a running wager with the neighbour: if he beat the man at basketball, Zane would get tickets to a baseball game; if he lost, he'd have to do the man's chores. Of course he always lost, and got stuck cutting his grass and cleaning out the garage. "One day, I finally beat him, and I got to treat Dad to a game. I was incredibly proud."

Anne Stuart, 78, remembers a different kind of Father's Day. Her dad took immense pride in the flowers he planted on a boulevard in Stratford, Ontario. It was town land, but he'd made it his garden, watering with a tin can every night. Anne marked a recent Father's Day by having a stone marker placed on the still-blossoming garden, its words recalling a man who poured his heart into a patch of ground. "It's like there's a bit of my father still there."

KIM ZARZOUR

Parental leave

- In 2007, 27% of eligible men filed for parental leave benefits compared to 3% in 2001. Much of the increase took place in Quebec where fathers can take five weeks of leave, which cannot be transferred to the mother. In Quebec, 56% of fathers took paid parental leave in 2006. In the rest of Canada the rate was 10%.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Father's Day is 100 years old

ORIGIN Barbecue aprons and garden tools, computer bags and golf shirts seem to be what Father's Day is all about. Actually, Father's Day is 100 years old this year – and 1910 was long before BBQs and computers.

The Father's Day idea took root in 1909 in Spokane, Washington. Sonora Smart Dodd, listening in church to a sermon about Mother's Day, felt that fathers needed recognition as well – not surprising since her own dad, William Smart, a Civil War veteran, raised his family alone after his wife died giving birth to their sixth child. Dodd's ministry liked her idea and on June 19, 1910, the first Father's Day was celebrated. Now 56 countries celebrate dads on the third Sunday in June.

David Schatzky, a Toronto therapist, says fathers have more than earned their day of celebration. Schatzky notes that fathers are much more involved both practically and emotionally in their children's lives than they once were. And dads want that involvement.

"Fathers are feeling that one of the payoffs of being involved in the lives of their children is the emotional satisfaction it brings." It's a winning combination. "Fathers who show appreciation and support," says Schatzky, "give children confidence and a sense of security." And that's worth celebrating.

GILDA SWARTZ

A salute to Canadian dads

P&G We think Canadian dads are superheroes – and we bet you do too. So Metro is pleased to partner with Procter and Gamble to bring you this celebration of Canadian dads, complete with words of wisdom, inspired gift ideas and heartfelt musings on the meaning of fatherhood.

From us to you: a salute to all the men who have made a difference in your life – your dad, stepdad, granddad, uncle or big brother!

Happy Father's Day.

Top TV Dads pg 3

Take a look at TV's zaniest fathers of the past 25 years

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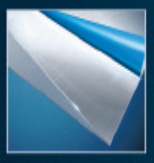

Gillette® Fusion® ProGlide™ has re-engineered blades with edges that are thinner than Gillette® Fusion.® They're finished with Gillette's most advanced low-resistance coating which allows the blades to glide effortlessly through hair. Together, that means less tug and pull on hair versus Gillette® Fusion.® It's an incredibly comfortable shave, even if you shave every day.

The new blade stabilizer maintains optimal blade spacing during the shave. It allows the blades to adjust to the contours of a man's face.

A Streamlined Comfort Snowplow Guard channels excess shave prep to help maintain blade contact, for a close comfortable shave.

[1]Leading blades vs. Fusion.®

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The handle has been redesigned. Gillette® Fusion® ProGlide™ has bigger, more ergonomic grips for better control[2] to adapt to even more shaving styles.

Consumers significantly preferred Gillette® Fusion® ProGlide™ on every one of the 32 physical attributes.[3] Now that you know all this, how could you not want to try it?

[2]Compared to Fusion.® [3]Of consumers with a preference.

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Dads and housework
In 1986, the average mother did 2.2 hours more housework per day than fathers (3.3 vs. 1.1 hours).
In 2005, the difference had decreased to 1.3 hours (2.8 vs. 1.5 hours). **FATHER INVOLVEMENT RESEARCH ALLIANCE**

Trendwatch

Beyond the shower and shave

These days, more and more men are spending time, energy and money on the sort of look good strategies women have always considered essential: a good hair cut and colour, age-defying skin care and the occasional trip to the spa.

"Men are definitely playing more with their appearance," says Greg May of Greg May Hair Architects, Toronto. "It's not like they just shave every day and that's it."

Today's hip haircut is a classic 1940s Cary Grant style with a deep side part or hair combed right back, says May. He also gets requests for loose texturing, side-swept fringes, "under cutting" with hair cut shorter underneath, and as summer approaches, more military cuts.

Men have been colouring their locks to disguise the gray for some time, but a new trend, even among young guys, is silver hair. "It could be a throw-back to the 1980s Billy Idol platinum blonde look," says May. Instead of highlights, men are opting for hair painting, a technique that uses a brush to paint on a lightener and requires no heat or foils. "It makes a man look sun-kissed, like he's been to Cuba for a week," notes May.

As for facial hair, men are experimenting with goatees (traditionally just hair on the chin). "They may shave off the moustache and just keep that soul patch (the strip of hair under the bottom lip), maybe with a little beard underneath," says May. They're also more conscious of their sideburns, adds May. "Guys are starting to realize that cutting sideburns on a downward angle actually lengthens the face."

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging."
Greg May, Greg May Hair Architects

Hair isn't men's only esthetic priority; skin care is high on their list too. At first, a guy may have to be dragged into the spa - often for a facial just before his wedding, says Alana Jestadt, manager of Pure+Simple, a spa in Toronto's Yorkville.

But these men often return on their own for facials, blackhead extractions, massages, masks, brow waxing, and IPL (intense pulsed light) treatments to remove chest and back hair, she says.

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging, so they end up buying unscented products like shaving cream, cleansers, toners and serums," says Jestadt. "It makes them look and feel better."

PAULINE ANDERSON

TV WISE GUYS

TV Looking for some pantheons of paternity to light the way this Father's day? Here are five of television's zaniest fathers of the past 25 years with their pearls of wisdom:

1 Dr. Heathcliff Huxtable, The Cosby Show (1984-1992)

"I am your father. I brought you into this world, and I will take you out!"

2 Dan Conner, Roseanne (1988-1997)

"Hey, if you don't finish your crud, you're not going to get any crap for dessert."

3 Homer Simpson, The Simpsons (1989-Present)

"Kids, you tried your best and you failed miserably. The lesson is: Never try."

4 Red Foreman, That '70s Show (1998-2008)

"Son... there's something you should know... you're an idiot."

5 Bernie McCullough, The Bernie Mac Show (2001-2006)

"I would like to give these kids a good home. In fact, there's one a few miles away from here..."

Baby ... oh baby!

- 55% of fathers take time off from work around the time their children are born - 21% use vacation days and 11% take unpaid leave.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Lessons from my father

LESSON My father was an expert in electron microscopy and was used to probing the secrets of the very, very small. If a family discussion became heated, he would roll up a magazine and observe the speakers, as if through a microscope. It was his way of gaining perspective. It also had the effect of stopping any argument.

And it taught me that what you see is often not what you get.

Atoms didn't really look like the drawings in the text book he told me. More like swarms of bees maybe. "What colour? We don't really know. Let's say red and white." For years I lived with a mental picture of atoms as swarms of red and white bees. Who knows? Maybe they are.

He speculated that many of the world's ills came from not seeing clearly. "We're all the blind men with the elephant. We don't see the whole, or we get the wrong perspective." He had a pocket microscope, which he often used. "Look at this fly," he said, passing me the microscope. "A hideous monster, right? See one crawling up your window and it's just a little black dot. So which is the real fly?"

Once, in the country, he turned us loose at the edge of a beautiful green field. We began to run across it – and blundered into a minefield of fresh cow pies. When we came back, smelly and bespattered, he just grinned. Things aren't always what they seem.

By the time digital cameras came out, he was retired. The camera was the perfect toy. He could take as many pictures as he wanted, and play endlessly with the images. His best effort was an image of the prime minister against a background of short brown hair. "A double horse's behind," he explained proudly.

CHRIS ATACK

%

of new fathers by age (Canadian fathers with at least one child under age two and no children over age five)

- 15 - 19 1%
- 20 - 29 30%
- 30 - 39 59%
- 40 - 49 9%
- 50 - 64 1%

FATHER INVOLVEMENT RESEARCH ALLIANCE

father's day flowers

SIERRAFLOWERFINDER.COM

When giving flowers to a man, says Louise Gadoury at sierraflower.com, we usually go for big, bold exotics. The pictured Redondo bouquet is a popular gift for dads and features Birds of Paradise too.

Involved dads

The number of fathers reporting daily participation in child care rose from 57% in 1986 to 73% in 2005.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Dad's Gift Guide

Gifts of time, leisure and style for dad, stepdad or grandad.

1 BBQ fork with digital temperature reader
Maverick, $14.99; Canadian Tire, canadiantire.ca

2 Straw hats
Goorin, $60 to $75 each; Harry Rosen

3 Retro-proud twill CBC Thunderbolt Radio-Canada Tech Kit Bag
Red Canoe, $129; redcanoebrands.com

4 Fyrkat Portable BBQ
Bodum, $59.95, and co-ordinating tongs, flipper, grill brush, $19.95 each; Sears

5 Samsung PL 100 digital camera
makes for perfect buddy self-snapshots every time; $249, samsung.com

6 Dual-pocket travel kit and accessories
Upper Canada, $30, uppercanadasoap.com

7 Sterling silver moneyclips
Engraved $165, or T & Co. 1837 $150; both Tiffany & Co., tiffany.ca

8 Slip-on deck shoes
Joe Fresh, $19; joe.ca

9 Pronto Large Gear Clock
$59.99; Indigo Books & Music

10 Polo shirt
$14; Joe Fresh, joe.ca

11 Legendary Eagle watch
Swatch, $135; swatch.com for retailers

12 Flight Clock
$59; Indigo Books & Music

13 Apple iPad
serves as a keyboard-less laptop as well as a platform for high-def movies, books, games, work documents and more, from $549; apple.com

Books for Dad

Give the gift of a great read from this fab-four Father's Day list.

Sh*t My Dad Says
By Justin Halpern. Harper Collins Publishers Ltd., $17.99. Halpern's hilarious book, based on his popular Twitter feed, chronicles clever, blunt and sometimes raunchy, words of wisdom from his dad.

The Road
By Cormac McCarthy. Alfred A. Knopf, $24. In this post-apocalyptic thriller, a father and young son, alert for bands of savage men, search for the sea. Their love keeps the pair from despair. Bleak and brilliant.

The Film Club: A True Story of a Father and a Son
By David Gilmour Thomas. Allen Publishers, $27.95. When 15-year-old Jesse Gilmour wanted to quit school, David, a former film critic, had one proviso: that Jesse watch three films a week with him. Discover what developed between the two.

The world is a Ball: The Joy, Madness, and Meaning of Soccer
By John Doyle. Doubleday Canada, $29.95. This travelogue and world-cup primer analyzes the history, politics and passion of the planet's most popular game.

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Stay-at-home dads
In 2008 10% of families with a stay-home parent had a father at home, compared to 4% in 1986 and 1% in 1976. **FATHER INVOLVEMENT RESEARCH ALLIANCE**

Like Father ... Like Daughter

5 women who followed in their fathers' footsteps

1 Melanie Hindle, 35, grew up in Jasper National Park watching her dad, Murray, the park's warden, patrol the back country on horseback while dealing with bears, forest fires, and stranded people. After completing a science degree and honing her own outdoor skills, she became a resource management and public safety specialist, like her dad, at Manitoba's Riding Mountain National Park.

Grace Cullen inherited her father's love and talent for rowing.

2 Ski cross Olympian 21-year-old Julia Murray just competed at the Vancouver Winter Olympics. She lost her father, Olympic downhill ski racer Dave Murray, when she was just two but she is keenly aware of his presence thanks to old racing videos, a training hill at Whistler that's named after him, and countless people who tell her how much she skis like him. To steady her nerves on race day, Julia takes a deep breath, looks up, and says 'Hi Dad'.

3 We all want to look up to our dads, but 38-year-old pharmacist Lisa Simpson has the privilege of having a whole town look up to hers. Ask anyone in Virgil, Ont., she says, and they'll tell you that Ward Simpson "is the nicest man around... who wouldn't want to emulate that?" Lisa says he was secretly hoping she'd follow in his footsteps, and the day she was accepted into pharmacy "was extremely emotional for him".

4 Coletta Huber is a 46-year-old hairdresser who started working with her father 31 years ago. The first five years were "sheer hell, while he taught me everything he knew." But now they're friends. Working together at Hairs In Place in Ajax, Ont., has put Coletta on more equal footing. "I'm brutally honest and stand my ground. He respects that."

Grace and Michael Cullen

5 Michael Cullen's 21-year-old daughter Grace inherited his love and ability for rowing. He rowed for Canada's national team in the 1980s and today, the Trent University student has aspirations to be on the national team one day. "The first time she came alongside me on the river, it was 5 a.m., quiet, and beautiful. There I was doing what I love to do, and now, my daughter is doing it too. That is deeply satisfying."

PAULINE ANDERSON

Confessions of a stay-at-home dad

OLYMPICS "I probably cook five dinners a week," says Jeff Pain, 39, of Calgary. "I don't love cooking, but I do love being home and eating dinner with my kids every day. That's why I do it." The married dad cleans countertops too – and handles the family's gardening. When his young sons, Kyle and Thomas, are home from school, Jeff is the parent they run to when they want a snack or cut their finger. Then there's the house to-do list: a door to fix, pictures to hang, letters to write.

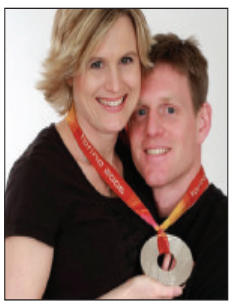
"There's so much to do when you get home from the Olympics." For Pain, the 2010 Winter Games in Vancouver was another chance to compete for gold in skeleton, his high-speed sport of choice.

But the real challenge was balancing sport with a healthy home life. And that's happening too. While he mans the homefront and gets oversees the boys' daytime activities, his wife Aly, an Executive Team Coach, is pushing her career to the next level.

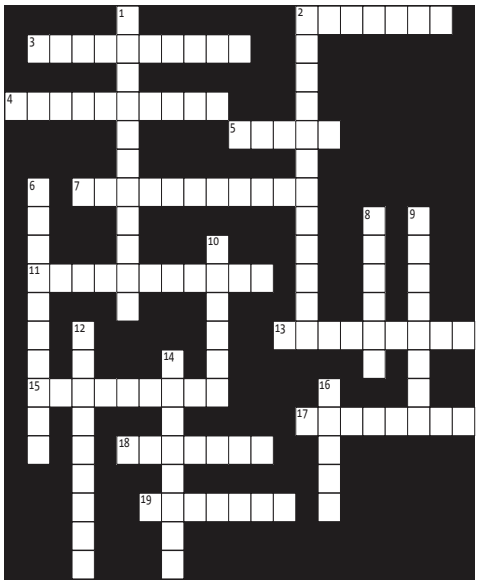
If he's lost anything as a stay-at-home dad, Jeff says it's the sense of team and companionship he once had. But like many of the dads he meets when he picks up his sons from their Montessori program, Jeff has entrepreneurial plans. He intends to help clients find a successful work-life balance of their own.

For now he'll continue being a champion stay-at-home dad. It's another winning formula for the Pains.

CHRIS EDWARDS


Aly and Jeff Pain share the fruits of their hard work: Jeff's silver medal, won in skeleton at the 2006 Olympic Winter Games.

Famous Father's Crossword



ACROSS

2 This Jerry was George's father on Seinfeld and Ben's father in real life

3 This Fred was a member of the Loyal Order of Water Buffaloes

4 He won't be winning the Empire's Best Dad award any time soon (2 words)

5 Atticus ____ was the widowed hero of the 1960 novel To Kill a Mockingbird

7 He played the adoptive father in the 1999 film Big Daddy (2 words)

11 Dan Castellaneta is the voice of the animated dad on this show (2 words)

13 Paul Reiser and Greg Evigan starred on this NBC sitcom from 1987 to 1990 (3 words)

15 This was Mike Brady's profession on The Brady Bunch

17 This Shakespearean drama depicts a father's troubling relationship with his three daughters (2 words)

18 Martin Sheen is the father of Charlie Sheen and Emilio ____

19 This song was written by one Beatle to comfort another Beatle's son during his parents' divorce (2 words)

DOWN

1 He played the father in the 1991 film Father of the Bride (2 words)

2 He played the father in the 1951 film Father of the Bride (2 words)

6 Father Christmas is also known by this two-word moniker

8 Father and daughter celebs John and Anjelica ____ have both won Oscars

9 Bill Cosby was the patriarch of this clan on The Cosby Show

10 Jon ____ is the estranged father of Angelina Jolie

12 This Fred played the guy who had three sons

14 Archie Bunker has this pet name for his son-in-law on All in the Family

16 A. A. ____ based Winnie the Pooh's pal Christopher Robin on his own son

For answeres to this crossword visit: metronews.ca/dad

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*vs. previous Series 7 shavers

World Cup drawing record audience: CBC

Canadians are tuning into the World Cup in record numbers, according to CBC. Saturday's game between the U.S. and England averaged 2.275 million viewers, the highest Canadian audience ever for a preliminary-round World Cup game, according to CBC. THE CANADIAN PRESS

World Cup

Horns defended

FIFA president Sepp Blatter has defended South African fans' right to blow their vuvuzela horns at World Cup matches despite global criticism from television viewers of the constant blaring noise. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Dutch double Danes

GROUP E RESULTS

Netherlands 2 Denmark 0

VS

GROUP E The Netherlands needed a couple of lucky bounces to break down Denmark's sturdy defence for a 2-0 win yesterday, despite struggling to live up to its billing as one of the most dangerous attacking teams at the World Cup.

The Dutch took the lead through a fluke own goal in the 46th minute when Denmark defender Simon Poulsen headed a ball off the back of teammate Daniel Agger and into the net, when trying to clear a cross from Robin van Persie.

Dirk Kuyt doubled the lead in the 85th when he tapped in a rebound off the post from close range.

Denmark had frustrated the Dutch until the own goal with a compact midfield, and the Netherlands never came close to the free-flowing, high-scoring type of play its fans have become accustomed to — despite several other chances.

Poulsen had plenty of time and space to clear the ball, but his off-balance header bounced off Agger's back before trickling into the net.

THE ASSOCIATED PRESS

Feeling tied up

Italy disappointed with draw vs. Paraguay

GROUP F RESULTS

Italy 1 Paraguay 1

VS

Italy opened the defence of its World Cup title with a laborious 1-1 draw against Paraguay yesterday.

Paraguay took advantage of its first shot on goal to take the lead in the 39th minute. Antolin Alcaraz outjumped 36-year-old Italy captain Fabio Cannavaro and Daniele De Rossi for a header following a free kick from Aureliano Torres, and goalkeeper Gianluigi Buffon had no chance for a save.

De Rossi made up for the opening goal by equalizing in the 63rd, sliding in to redirect a corner kick from Simone Pepe. It was a solid start for the AS Roma midfielder, who was suspended for four games during Italy's victorious 2006 run after bloodying the face of United States forward Brian McBride with a sharp elbow.

"We deserved to win," De Rossi said. "We controlled the ball virtually the entire time, but it's not easy against these teams that dream simply of drawing with the world champions. And if you fall behind, it becomes even tougher."

Italy coach Marcello Lippi said the biggest regret "was the result."

"They only approached the goal once and they scored," Lippi said. "We reacted well but you've got to win games likes these."

Already without injured midfielder Andrea Pirlo, Italy's fortunes took another hit when it lost perhaps its most valuable player — Buffon — after the first half. The 32-year-old goalkeeper was removed in favour of inexperienced backup Federico Marchetti.

Lippi's side did little to disprove the critics who have labelled the squad as too old to win the title again, with nine players older than 30.

The Azzurri haven't won since beating Sweden 1-0 in a friendly in November, drawing with Cameroon and Switzerland and losing 2-1 to Mexico in their World Cup warmups.

THE ASSOCIATED PRESS

LARS BARON/GETTY IMAGES

Italy's Daniele De Rossi scores his team's only goal yesterday during a Group F match between Italy and Paraguay.

Buffon aims to play next game

- Italy goalkeeper Gianluigi Buffon says he can recover from a back problem in time for the Azzurri's next game.
- Italy's next opponent in Group F is New Zealand Sunday — giving Buffon six days to recover.

Honda powers Japan

GROUP E RESULTS

Japan 1 Cameroon 0

VS

GROUP E Keisuke Honda scored in the first half yesterday to lead Japan to a 1-0 win over an uninspired Cameroon in Group E of the World Cup.

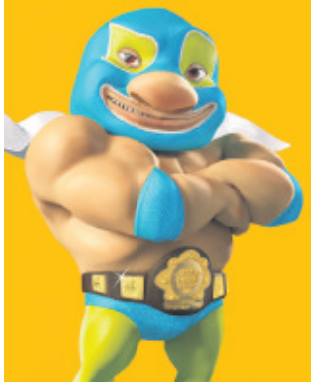
The win is Japan's first at the World Cup on foreign soil, and puts the Japanese at the top of Group E along with the Netherlands, which beat Denmark 2-0 earlier yesterday.

After a sloppy opening 30 minutes at the Free State Stadium, Japan broke the deadlock in the 39th when Daisuke Matsui's curling cross from the right drifted over Cameroon defenders Nicolas Nkoulou and Stephane Mbia and fell to Honda at the back post.

The striker neatly controlled the ball and slotted it past goalkeeper Hamidou Souleymanou.

"I found a good position and the ball was very good," Honda said of the cross from Matsui.

THE ASSOCIATED PRESS



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Zidane slams French coach

Former France captain Zinedine Zidane says Raymond Domenech "is not a coach" and that "there is no teamwork" among the French players at the World Cup. France drew its opening group game 0-0 against Uruguay, and Zidane sees little hope for improvement. THE ASSOCIATED PRESS

World Cup

ARMANDO FRANCA/THE ASSOCIATED PRESS

Ivory Coast's Didier Drogba runs during a training session in Port Elizabeth, South Africa, yesterday.

Portugal prepares to face Drogba, even if it is unlikely

GROUP G PREVIEW

Portugal vs. **Ivory Coast**

Portugal coach Carlos Queiroz is taking all possible precautions and making sure his team is ready to deal with Didier Drogba, even though the Ivory Coast striker has only a slim chance of playing in the sides' World Cup opener today.

Drogba trained for a second straight day yesterday, just 10 days after breaking his arm in a June 4 warmup match, and Ivory Coast coach Sven-Goran Eriksson is waiting until just two hours before kickoff to make a decision on whether he can play.

Drogba, who scored 37 goals for Chelsea this season to lead the club to the Premier League and FA Cup titles, is hoping to take to the field at Nelson Mandela Bay Stadium wearing a special protective cast.

Such an outcome sounds far-fetched, not least since FIFA has yet to rule on whether the cast will be allowed, but Queiroz is anxious not to be caught out by a surprise appearance.

"I'm not a doctor so I can't say if Didier Drogba will be playing," Queiroz said yesterday. "It is a fracture and the doctors, along with Mr. Eriksson, will have to decide.

"After 30 years of my life in soccer, there is nothing that surprises me. In terms of a player playing or not, nothing surprises me."

Drogba is Ivory Coast's main hope for goals in a tough Group G that also contains five-time world champion Brazil and North Korea.

FIFA must decide whether the cast Drogba, if fit, would wear on his damaged right arm presents a danger to other players.

THE ASSOCIATED PRESS

Nani out

- Portugal has its own injury problems, with Manchester United winger Nani out of the match because of a shoulder problem.

Not your typical North Korean

Star striker aspires to live like Beckham

He plays like Rooney but behaves more like Beckham. He loves his cars, his rap music and his clothes, and changes hairstyles more often than you can say "Kim Jong Il."

North Korea striker Jong Tae Se is not your average North Korean.

Born and raised in Japan, the 26-year-old forward has never lived in communist North Korea, and says he has no plans to. He loves to shop, snowboard and dreams of marrying Korea's Posh Spice — none of which would be possible in the impoverished North, one of the most isolated countries in the world.

But he wears the Democratic People's Republic of Korea jersey with pride, and is moved to tears when he hears the country's anthem. The boy from Nagoya could become North Korea's biggest international soccer star since Pak Doo Ik scored the goal that knocked Italy out of the World Cup in 1966.

North Korea is back in the World Cup for the first time in 44 years. They were the mystery team in 1966, and they're the mystery team in 2010. Very little is known about the team from North Korea, sheltered players mostly in their early 20s with limited international experience.

They make their debut today against Brazil.

Jong is quickly becoming his team's biggest personality and most powerful asset, setting himself apart on and off the field, from his fashion sense to his playing style.

On the pitch, Jong is fast and aggressive, North Korea's leading scorer with 16 goals in 24 international matches. His impressive play earned him comparisons to England's Wayne Rooney among South Korean media.

This is how he sees himself in five years: Driving a car worthy of a rap star, with a pop star like one of the singers from the Wondergirls — South Korea's version of the Spice Girls — on his arm, and playing for a big-name club in Europe.

"North Korea's Wayne Rooney?" North Koreans hope Rooney will someday be seen as "England's Jong Tae Se." THE ASSOCIATED PRESS

North Korea striker Jong Tae Se

Born in Japan

- Born in Nagoya to an ethnic Korean family, Jonh Tae Se inherited his father's South Korean citizenship but was raised and schooled in his mother's pro-North Korean community.
- He is among Japan's nearly 600,000 "zainichi," ethnic Koreans who live in Japan as long-term residents.

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
South Africa	1	0	1	0	1	1	1
Mexico	1	0	1	0	1	1	1
Uruguay	1	0	1	0	0	0	1
France	1	0	1	0	0	0	1

WEDNESDAY'S GAME
AT PRETORIA, SOUTH AFRICA
South Africa vs. Uruguay, 2:30 p.m.
THURSDAY'S GAME
AT POLOKWANE, SOUTH AFRICA
Mexico vs. France, 2:30 p.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
South Korea	1	1	0	0	2	0	3
Argentina	1	1	0	0	1	0	3
Nigeria	1	0	0	1	0	1	0
Greece	1	0	0	1	0	2	0

THURSDAY'S GAMES
AT JOHANNESBURG
Argentina vs. South Korea, 7:30 a.m.
AT BLOEMFONTEIN, SOUTH AFRICA
Nigeria vs. Greece, 10 a.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	1	1	0	0	1	0	3
England	1	0	1	0	1	1	1
United States	1	0	1	0	1	1	1
Algeria	1	0	0	1	0	1	0

FRIDAY'S GAMES
AT JOHANNESBURG
United States vs. Slovenia, 10 a.m.
AT CAPE TOWN, SOUTH AFRICA
England vs. Algeria, 2:30 p.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Germany	1	1	0	0	4	0	3
Ghana	1	1	0	0	1	0	3
Serbia	1	0	0	1	0	1	0
Australia	1	0	0	1	0	4	0

FRIDAY'S GAME
AT PORT ELIZABETH, SOUTH AFRICA
Germany vs. Serbia, 7:30 a.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
Netherlands	1	1	0	0	2	0	3
Japan	1	1	0	0	1	0	3
Cameroon	1	0	0	1	0	1	0
Denmark	1	0	0	1	0	2	0

YESTERDAY'S RESULTS
AT JOHANNESBURG
Netherlands 2, Denmark 0
AT BLOEMFONTEIN, SOUTH AFRICA
Japan 1, Cameroon 0

GROUP F

	GP	W	D	L	GF	GA	Pts
Italy	1	0	1	0	1	1	1
Paraguay	1	0	1	0	1	1	1
New Zealand	0	0	0	0	0	0	0
Slovakia	0	0	0	0	0	0	0

YESTERDAY'S RESULTS
AT CAPE TOWN, SOUTH AFRICA
Italy 1, Paraguay 1
TODAY'S GAME
AT RUSTENBURG, SOUTH AFRICA
New Zealand vs. Slovakia, 7:30 a.m.

GROUP G

	GP	W	D	L	GF	GA	Pts
Brazil	0	0	0	0	0	0	0
Ivory Coast	0	0	0	0	0	0	0
North Korea	0	0	0	0	0	0	0
Portugal	0	0	0	0	0	0	0

TODAY'S GAMES
AT PORT ELIZABETH, SOUTH AFRICA
Ivory Coast vs. Portugal, 10 a.m.
AT JOHANNESBURG
Brazil vs. North Korea, 2:30 p.m.

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	0	0	0	0	0	0	0
Honduras	0	0	0	0	0	0	0
Spain	0	0	0	0	0	0	0
Switzerland	0	0	0	0	0	0	0

WEDNESDAY'S GAMES
AT NELSPRUIT, SOUTH AFRICA
Honduras vs. Chile, 7:30 a.m.
AT DURBAN, SOUTH AFRICA
Spain vs. Switzerland, 10 a.m.

All Times ET

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Beckham remains highest-paid MLS player
Injured David Beckham is still the highest-paid player in Major League Soccer while Toronto midfielder Julian de Guzman is fourth on a list released by the players union. Beckham tops the league at $6.5 million US in guaranteed compensation this year while de Guzman earns $1.72 million. THE ASSOCIATED PRESS

Sports

Young apologizes for fight

Vince Young, left, has apologized to the Tennessee Titans, his teammates, family and fans for his role in a fight at a Dallas strip club. The quarterback says he made a mistake being at the club. Video footage released by Dallas police show the quarterback and several people talking in a small room before Young attacked someone there. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Phaneuf named Leafs' captain

General manager Brian Burke knew right away Dion Phaneuf would be a great choice to be the next captain of the Toronto Maple Leafs.

Phaneuf was acquired last January in a blockbuster trade with the Calgary Flames and immediately made an impact. The strapping blue-liner threw his weight around, dropped the gloves when needed and soaked up plenty of minutes.

He also gave the team a vocal presence on the ice and in the dressing room.

"Our practices — it was like going to a church service before he got here," Burke said. "You'd go a whole practice and no one would yell at anyone, no one would yell for the puck."

The Leafs liked Phaneuf's communication skills and also felt he had the traits they wanted in a team captain. Head coach Ron Wilson made it official by giving him the C yesterday.

"As soon as he came in he had a major impact on our room," Wilson said. "I think it was obvious to everybody."

Phaneuf, 25, said he learned a lot from Flames captain Jarome Iginla when they were teammates. He added he hopes to follow the example set by Iginla and former NHL captains Mark Messier, Scott Stevens and Wendel Clark. THE CANADIAN PRESS

Buds unveil new jerseys

- The Maple Leafs unveiled their new home and road sweaters yesterday. The two stripes on the arm and the 11-point Leafs' front crest remain unchanged but the team has brought back the two horizontal stripes around the waist. The veined Leaf logo with no interior lettering will return on the sweater as a shoulder patch as well.

DARREN CALABRESE/THE CANADIAN PRESS

Maple Leafs defenceman Dion Phaneuf dons the captain's jersey for the first time yesterday during a media conference.

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Sports in brief

NHL San Jose Sharks captain Rob Blake is retiring from the NHL after a 20-year career as one of the league's top defencemen. Blake will make the retirement official at a news conference Friday, a person with knowledge of his plans told The Associated Press. Blake had 240 goals and 537 assists in his career with Los Angeles, Colorado and San Jose. THE ASSOCIATED PRESS

SCOREBOARD

NBA
TODAY'S
Boston at L.A. Lakers, 9 p.m. (Boston leads series 3-2)

BASEBALL
YESTERDAY'S INTERLEAGUE RESULTS
Seattle at St. Louis
Milwaukee at L.A. Angels
TORONTO at San Diego
Baltimore at San Francisco

Lakers hope Hollywood continues to provide home-court advantage

(Boston leads series 3-2)

Celtics at **Lakers**

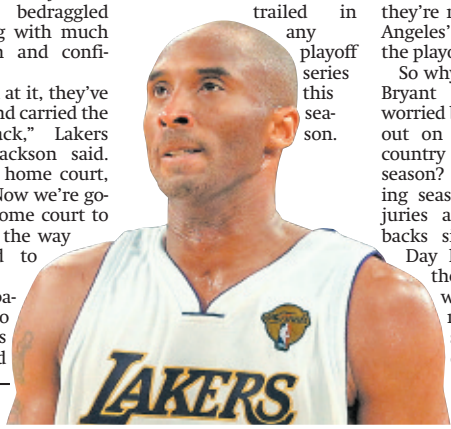
NBA Down 3-2 in the NBA finals against an old foe that keeps finding new ways to beat them, the Los Angeles Lakers are going to need a big Hollywood ending to escape this jam with another championship.

That's exactly where they will make their last stand against the Boston Celtics.

Game 6 is back home tonight at Staples Center, where the Lakers are 9-1 in the post-season, with everybody from Kobe Bryant to the Lakers' bedraggled bench playing with much more passion and confidence.

"If you look at it, they've come home and carried the 3-2 lead back," Lakers coach Phil Jackson said. "It's basically home court, home court. Now we're going back to home court to win it. That's the way it's supposed to be, isn't it?"

Sure, on paper. But two straight losses in Boston led to a dire series deficit for the Lakers, who hadn't trailed in any playoff series this season.



Kobe Bryant

The Celtics have won three of the last four games and they're responsible for Los Angeles' only home loss of the playoffs.

So why didn't Jackson or Bryant seem particularly worried before they headed out on their final cross-country flight of the post-season? Throughout a trying season filled with injuries and big-game setbacks since a Christmas Day loss to Cleveland, the Lakers have always been able to rise when they absolutely needed to do it.

Jackson even described the Lakers' locker room as "spirited" after losing Game 5 in their lowest-scoring performance of the post-season in the 92-86 loss. For all their struggles in Boston, the Lakers realize they only have to defend their home court to win their 16th title.

"We have a challenge, obviously, down 3-2," said Bryant, who scored 38 points in Game 5 while his struggling teammates only managed 48.

"We let a couple opportunities slip away, but it is what it is. Now you go home, you've got two games at home that you need to win, and you pull your boots up and get to work." THE ASSOCIATED PRESS

Youth employment in Canada holds steady

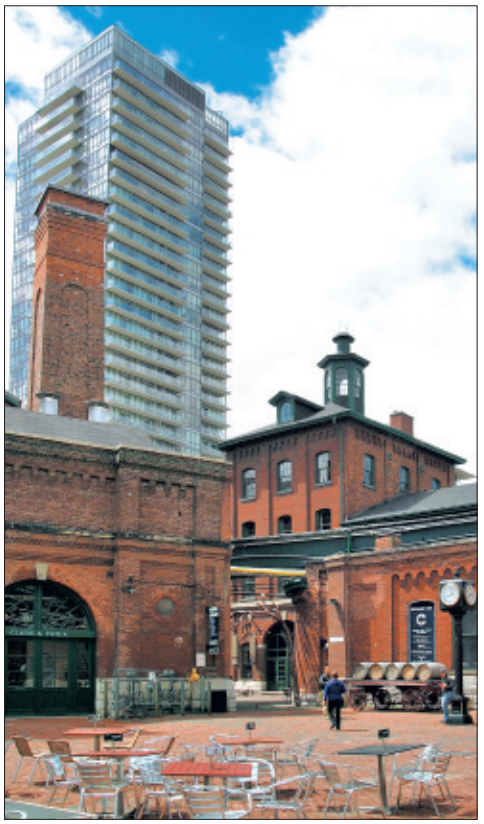
According to new figures from Statistics Canada, the employment rate among 15- to 24-year-olds fell slightly last month, dropping from 55.4 per cent in April to 55.3 per cent in May. METRO NEWS SERVICES

Workology

Engaging with India

Last week, the Association of Universities and Colleges of Canada wrapped up a two-day workshop on strategic engagement with India, which drew participants from over a third of Canadian universities. AUCC has made strategic engagement with India a priority, as the South Asian nation is expanding its higher education system and is poised to surpass the research capacity of each G8 country within the decade. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA



Condos going up near Corktown have been great for business says one shop owner.

Business drives Corktown's future

Small Business City

RAFAEL BRUSILOW
for Metro Canada

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

"This little strip has been neglected by the city so at this point it's up to the residents and business owners to help invest in seeing it succeed." Barbara Stewart

Business leads the way for positive change in Corktown, a neighbourhood rich in character and charm.

The area — south of Queen Street East running between Parliament Street and the DVP — might just be starting to see the steady rejuvenation it so rightly deserves.

Near the corner of Parliament and Queen streets, Barbara Stewart's decor boutique Adornments on Queen (338 Queen St. E.) has been open barely a few weeks but is already making a splash with its bold direction. Stewart's store is filled with elegant gifts and furniture far more common in upscale areas like Queen West or Rosedale than places like Corktown and Stewart hopes it will raise the bar in people's eyes for what Corktown can be.

The recent Regent Park redevelopment plan made her believe a community like Corktown can thrive if people simply make an effort to help it be its best.

"I was really inspired by the attempts of the city to redo a great error with Regent Park — a community is enriched by having different people, different income levels and demographics in it. The new condos opening here will be a great boon from a business standpoint," Stewart said.

Being a part of the community is a goal of Stewart's — she has already sourced services from local businesses and all of her food will be delivered daily from local providers. Stewart will donate daily leftovers to local missions within the neighbourhood as well — it's all a part of her plan to be a part of the change that helps elevate the neighbourhood.

CONT. ON NEXT PAGE >>

Corktown-Distillery District will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

Don't miss Spaces and Places!

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Schulich donation kicks off uCalgary engineering school fundraising campaign
Philanthropist Seymour Schulich, whose $25-million gift to the University of Calgary five years ago resulted in the naming of the Schulich School of Engineering, made an additional $5-million donation to the school last week to launch the Engineering Leaders campaign. METRO NEWS SERVICES

<<FROM LAST PAGE

"I want to be a part of this community, to contribute to this community and to beautify this community. This little strip has been neglected by the city so at this point it's up to the residents and business owners to help invest in seeing it succeed. All the forward-looking businesses here are looking towards making this area a destination for decor and design," Stewart said.

At nearby Gen-Cor Furniture (342 Queen St. E.), owner Corey Corvo agrees with Stewart and says the area has matured a lot since his father started building and selling his own furniture more than 26 years ago.

"This area is growing and it's getting better and better every year — to be able to watch that change has been gratifying," Corvo said.

Yet while the area has been steadily seeing more investment, reputations and perceptions are not as easy to shake off.

"I have clients who are afraid to walk past Sherbourne and I think cleaning that area up a bit would really help but I've never had a problem here. I've never even had a broken window," Corvo said.

To the south in the freshly re-minted Distillery District, design, art and entertainment takes centre stage at the rejuvenated historic site.

Joel Dart, manager of artisanal jewellery shop Corktown Designs (55 Mill St., Bldg 54), says the rebirth of the Distillery District appears to have kicked off a similar trend in the surrounding neighbourhood and he hopes businesses will lead the way in continuing to transform the area.

"The change in the area has been positive, you can tell that nicer houses are going in and people are starting to fix up their façades. The developers here were smart in promoting the artisanal side and the businesses here all sort of work together," Dart said.

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Gen-Cor Furniture owner Corey Corvo says that Corktown has cleaned up and does not deserve its sometimes unsafe rep. Corktown Designs, right, owner Joel Dart agrees.

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From unemployment to underemployment

STILL RECOVERING Advised by a superior that a promotion was "very highly likely" if he transferred to the Dallas division or the drugstore chain he worked for, Chris Cummings uprooted his family and bought a spacious house in the area: "The sky's the limit," he was told.

But instead of a promotion, the company for which Cummings had been an assistant manager for more than three years cut his hours so drastically that he had to take a second job. In March, he was laid off, and his part-time second job became full-time.

That is how a 40-year-old father of four with a master's in business administration from the University of Notre Dame finds himself bagging groceries at a local health-food store.

"I never thought I'd be here with the education that I have and that I'd worked hard on," Cummings said before a recent shift in the checkout lane. "Probably where the frustration comes most is when I get the alumni magazine and I see what my classmates are doing. And that's not a good feeling."

The U.S. government says the "Great Recession" is over — has been for months now — and that we're well into the recovery. But don't tell that to Cummings, who has seen his income cut by three-quarters.

"I'm so grateful for this job."
Af Shirinzadeh on his job that pay a tenth of his previous one

Or Af Shirinzadeh, who went from a $100-an-hour chiropractic job to part-time work as a docent in an Atlanta museum that features plasticized human cadavers.

"I'm so grateful for this job," says the 38-year-old suburban Atlanta man, who was laid off last year from his job as a chiropractor and spent six months on unemployment looking for any kind of work. "I'm able to educate others, and share my knowledge, and keep myself sharp."

Or welder Mark Sepeda, who had to move his family of six from a spacious home in Nevada's lush Carson Valley to a two-bedroom apartment when the Las Vegas building boom came to a screeching halt.

Or Paul Lechner, who, with a mixture of gratitude and dejection, accepted a job stocking shelves at a Super Target after two years and hundreds of applications failed to land him a position in advertising, the field for which he trained.

Yes, the stock markets have largely rebounded. Housing and car sales are back up. And though job creation can't quite keep up with new unemployment claims, the economy is growing again.

But, if "recovery" means getting back to where you were before things fell apart, many aren't even close. THE ASSOCIATED PRESS

U.S. officials looking to ban peanuts from flights

Federal regulators in the United States are considering a snack attack on airlines that would restrict or even completely ban serving peanuts on commercial flights. Advocates say the move would ease fears and potential harm to an estimated 1.8 million Americans who suffer from peanut allergies. THE ASSOCIATED PRESS

Health & Beauty

Learning to just 'be'

Meditation can help you unwind from a hectic lifestyle

ROMINA MCGUINESS
Metro World News

Free your mind, and the rest will follow! Mediation guru Andy Puddicombe tells Metro how to unleash your mind it the right way

Puddicombe trained as a Buddhist monk in the Indian Himalayas. Today, he's got an office base in London, England where he works as a meditation "guru" to rock stars, elite sportsmen and celebrities. He tells Metro about trying to get people to disengage from the whirlpool that is their thoughts and just "be…"

METRO WORLD NEWS

Meditation can help anyone from rock stars to athletes to accountants.

THE MEANING OF MEDITATION

"In a world where everything is black and white, people are frustrated by things they don't understand," says Puddicombe. "As a technique, it's about sitting in a quiet place, undisturbed for 10 to 20 minutes but as an experience it's harder to explain."

Try and explain the taste of chocolate he says, you can try and describe it, but it's a totally different thing once you out it in your mouth.

Psychotherapist Marisa Peer trained with mediation expert Deepak Chopra and describes meditation as learning to do nothing more than focus on your breathing, staying still and keeping distractions far away.

SO, WHAT IS IT?

"It's a way of calming the mind," explains Puddicombe. "Once you have attained a degree of stillness, you'll have clarity and better understanding what is going on around you. Meditation heightens anything from awareness and self-understanding, calm and clarity, to compassion and empathy. It's about knowing how you feel and why you feel it."

SHOULD I MEDITATE?

People who come to Puddicombe have often been referred to him after suffering from depression, anxiety, insomnia, addictive behaviour, anger issues or high blood pressure.

"I treat people stuck in emotional patterns of destructive behaviour, which is a loop people find hard to get out of. Imagine being stuck on a wheel and spinning around faster and faster without being able to stop. You need to step off the wheel, allowing natural momentum to slow it down. Meditation is about observing the mind, feelings and thoughts and rather than running away from them, perceiving them."

DOES IT REALLY HELP?

Puddicombe's favorite analogy to explain the benefits of meditation involves a road and a blindfold.

"Imagine you're sitting on the side of the road with a blindfold, you are aware of the noise, stress and unpleasant surrounding but cant see it. Take off the blindfold and this is where you begin meditating. See the cars as your thoughts, you'll be tempted to stop the flow of traffic but hold back and watch from where you stand. You're creating a space where you allow the mind to naturally unwind."

In essence meditation allows you to step out of an emotional loop and disengage with a pattern of behaviour. A recent study carried out at Harvard Medical School found that meditation led to an increase in blood flow in the prefrontal cortex, associated with positive emotions such as happiness.

The verdict … just be.

METRO WORLD NEWS

Meditation guru Andy Puddicombe believes that connecting with the entire process of food creation and eating will let people appreciate what they put into their bodies.

Meditative eating

Andy Puddicombe teamed up with British chef Jamie Oliver to promote the concept of "mindful eating."

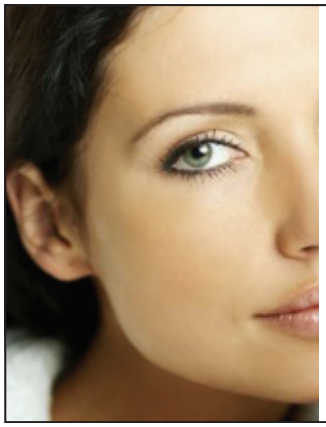
"Based on the same principles of floor mediation practice, mindful eating is about bringing a sense of presence to the activity of eating. Appreciating your food and being grateful for it in a calm and open manner is key," says Puddicombe.

The campaign wants people to not simply focus on the food they eat, but the entire process, from shopping, chopping and cooking. If you are mindful and present, cooking becomes a pleasurable activity.

"People must learn to put some love into cooking rather tan see it as a chore," he explains.

"So many people have issues with food, either over or under indulging, sometimes swinging from one to the other. By being engaged in the moment as you cook and eat, you will be more aware of emotional swings and less likely to cave into cravings signalled by your thoughts. Disengage from these thoughts, make the right nutritional choices, don't rush and appreciate what you put into your body."

ROMINA MCGUINNESS/
METRO WORLD NEWS



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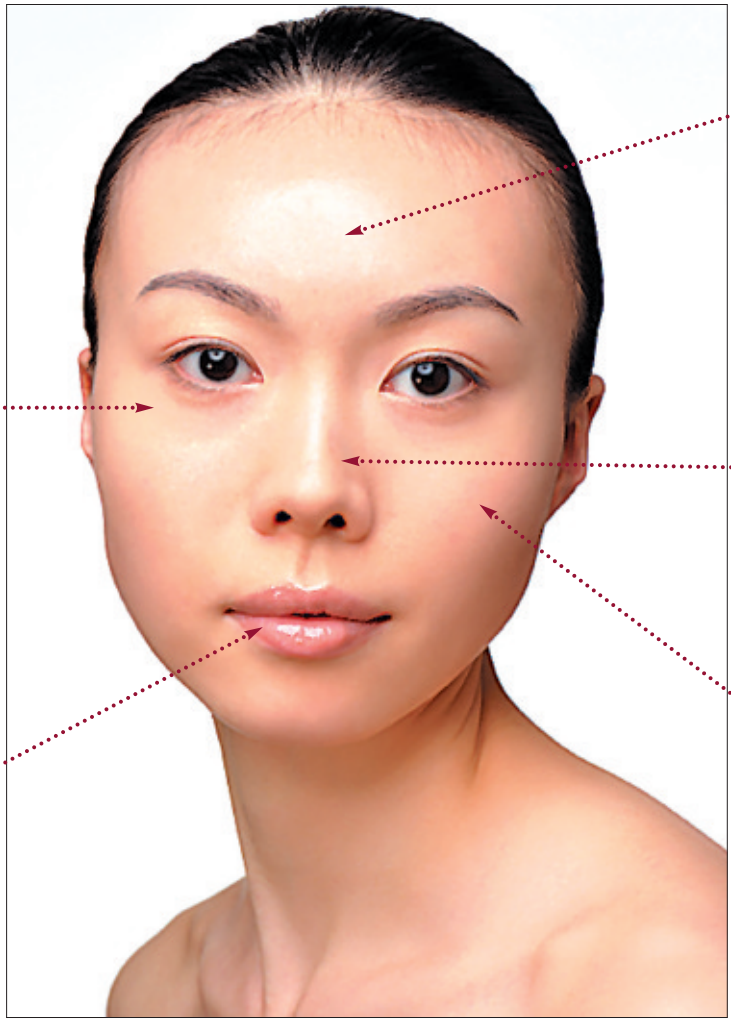
Seven new MS research projects receive funding
The MS Society of Canada and the U.S. National MS Society are funding seven research projects aimed at teasing out whether blocked neck veins — a condition called CCSVI — cause or contribute to the progression of MS. THE CANADIAN PRESS

Solving summer skin problems

Metro tells you how to keep your makeup fresh in the hot, hot heat

KENYA HUNT
Metro World News

If any season calls for perfect skin it would be summer, the time of hot days on the beach and water sports. But how many women can truly go all summer make-up free? Only a precious few. Smart makeup application ends up being the key to a fresh summer look.



THE SKIN

In summer, foundation application turns into a science. Makeup artist Talia Shobrook says a good primer is the secret to a winning summer makeup formula. The primer works so well because it creates a smooth surface for the foundation to lay on, which makes it lasts all day instead of melting off in the heat.

THE LIPS

What's worse than your ice cream melting before you can finish it? Your lip-gloss liquefying in the sun and dripping down your chin. Replace the thick lacquers with a demi-gloss or lip balm instead.

THE FOREHEAD

Nothing exacerbates acne like heat and heavy makeup. The trick to wearing makeup without aggravating your breakouts is to treat your blemishes before applying concealer. "Use a cotton bud to apply tea tree oil, so that the blemish is drying out under the makeup," Shobrook advises.

THE NOSE

Rather than piling on the face powder to keep your face matte throughout the day. Keep a packet of blotting papers in your bag to keep your skin shine-free.

THE CHEEKS

Instead of applying powder foundation with a brush, which can leave a heavier, cake-like finish, Shobrook suggest using a sponge instead. It gives a more natural finish and allows you to control exactly where the makeup goes.

Moisturize to keep your skin silky soft

StriVectin Instant Moisture Repair

Don't let StriVectin Instant Moisture Repair's frightfully clinical name scare you. This unassuming little tube of face cream actually plumps up dry, wrinkly, dehydrated skin to leave a youthful glow. And the best part of all: The moisturizer is lightweight enough to use in the hot summer months.

Male moisturizer with a sun protection formula

The aging process and sun damage are unavoidable hazards. But Kyoku facial moisturizer SPF15 is a natural product that helps keep your skin hydrated and rejuvenated. This moisturizer combines ancient Japanese herbs with exclusive micro-particle technology, which protects and hydrates each dermal level. METRO WORLD NEWS

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CHILI - the red hot way of losing weight!

Eating chili can make you lose weight by speeding up your metabolism and burning fat, scientists have found. Researchers show that heat generated by the spicy food oxidizes layers of fat as well as increases metabolism.

Now those with sensitive taste buds can also benefit from peppers without having to endure the stinging aftertaste. An equivalent of the main chili ingredient, capsaicin, has been found in a non-spicy variety. This means that we can gain the fat burning effect of chili without the risk of stinging our taste buds or stomachs. This non-spicy version of chili is now found in supplement form.

Clinically proven to burn fat!

Researchers at the University of California studied the effects of chili on the diet after becoming intrigued at the manner in which the spicy fruit makes those who eat them sweat. They fed 34 men and women a low-calorie diet, supplemented with either non-hot version of pepper or placebo pills.

They found that levels of energy expended by those given the highest amounts of capsaicin were almost double those of the subjects who had been given the placebo.

Green tea and chili together is the strongest combination for fat burning

The current best selling natural ingredient for fat loss is green tea. Now studies show that chili and green tea together complement each other and burn more fat than either one alone. Scandinavian manufacturer New Nordic has recently launched their natural product Chili Burn in Canada. The product is based on this research and further adds ginger and dill in the composition. Chili Burn, which is now the no.1 fat burning supplement in Scandinavia, is available in Canada at Shoppers Drug Mart, Loblaws/Superstores/Extra Foods, GNC, and other participating health food stores and pharmacies.

For more information, please call 1-877-MY NORDIC (696-6734) or visit us at www.newnordic.ca.

Drug stops bleeding in accident victims

A cheap drug that can stop bleeding in recently injured accident patients could potentially save the lives of tens of thousands worldwide, a new study says.

Researchers studied the effects of tranexamic acid, or TXA, in more than 10,000 adult trauma patients in 40 countries who received the drug within eight hours of being injured. They compared those patients' outcomes to more than 10,000 accident victims who got a placebo treatment. The study was published online today in the medical journal Lancet.

Doctors found that patients who got TXA had a 15 per cent lower chance of dying from a hemorrhage than those who didn't get it. They also had a 10 per cent lower chance of dying from any other cause, including organ failure and a head injury, versus patients who didn't receive TXA. The study was paid for by the British government.

"This is one of the cheapest ways ever to save a life."
Ian Roberts, professor

The drug is commonly used in wealthy countries during elective surgeries to stop bleeding, but isn't prescribed for accident victims.

TXA is off-patent and manufactured generically by many companies. It costs about US$4.50 per gram, and a typical dose is two grams. It is usually given via an injection and would be relatively easy to introduce, even in poor countries, experts said.

"This is one of the cheapest ways ever to save a life," said Ian Roberts, a professor of epidemiology at the London School of Hygiene and Tropical Medicine and one of the study's main investigators.

Previous tests of the drug regarded its use in elective surgeries, such as heart operations, but this was the first study to test the drug on accident victims.

Doctors were worried it might increase side effects such as blood clots in the heart and lungs, strokes, or heart attacks. There was no evidence of that in the Lancet study, though the authors said it was possible they might have missed some of these incidents.

For people between five and 45, accidents are the second leading cause of death worldwide after AIDS, and about 600,000 injured patients bleed to death every year. Nearly six million people die of injuries every year, more than AIDS, malaria and tuberculosis combined.

Roberts and colleagues estimated that if TXA were readily available, between 70,000 and 100,000 lives a year could be saved.

THE ASSOCIATED PRESS

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Sunglasses exposed

What to look for in a pair of stylish shades

CELIA MILNE
for Metro Canada

Bug eyes? Aviators? With great sunglasses, you can look like a movie star AND keep your eyes safe from the sun.

But what should you look for? Make sure the sticker says UV400 protection, as this indicates 100 per cent protection from harmful UVA and UVB rays, says Isaac Abenhaim, an optician and owner of Yonge Vision in Toronto.

"Buy from reputable stores," he adds. "No flea market sunglasses."

Failing to protect your eyes from the sun can cause short-term problems such as a sunburn to the cornea. And neglecting your eyes summer after summer over many years can lead to long-term problems such as age-related macular degeneration and cataracts.

Besides making sure you have full UV protection, here's some more advice on choosing sunglasses, from Health Canada:

- Make sure the lenses aren't so dark that they reduce your vision.
- Medium to dark lenses with a grey, slightly brown or green tint are best.
- Check for distortion by putting on sunglasses and looking at a rectangular pattern, such as floor tiles. The lenses are fine if the lines stay straight when you move your head up and down, and from side to side.
- Look for sunglasses with scratch-resistant coating.
- Plastic lenses are tougher than glass and less likely to break.

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TCC Toronto Cosmetic Clinic

Drug companies sharing data on Alzheimer's research
In an unusual step, a dozen competing drug companies have agreed to share data on thousands of Alzheimer's patients in hopes that the extra information will spark new ideas for treatments. THE ASSOCIATED PRESS

Promoting safe medication use

CELIA MILNE
for Metro Canada

ISTOCK

A new website, SafeMedicationUse.ca, helps consumers keep track of their medications and avoid errors that can cause serious complications.

Took the wrong pills? Confused about your medication? Now there's a website where you can report problems you've had with prescriptions.

"Medication errors are very common and can be alarming," says Bonnie Salsman from the Institute for Safe Medication Practices (ISMP) Canada. "That's why we're working hard at preventing harm when medication errors happen."

ISMP Canada has teamed up with the Best Medicines Coalition and Patients for Patient Safety Canada to create the new consumer website, at SafeMedicationUse.ca.

"The key thing we are trying to achieve with the site is to learn when errors happen and use that information to prevent them in the future.

"It's all focused on system change rather than blaming the person who made the mistake," says Salsman, one of the project leaders.

Errors can be particularly dangerous if the drug is insulin, narcotics or chemotherapy, Salsman adds.

You take the wrong drug

This can be due to packaging similarities or overt errors made in hospital or in the community pharmacy. One possibility is that the wrong medication was put on a shelf at the pharmacy where a similar-looking medication usually is, and the wrong medication is dispensed to you. Another possibility is that several medications were picked up in the same bag, and the wrong one got to you. Or your medication was switched with someone else's.

Taking the wrong dose of the correct drug

Perhaps you are supposed to take your medication once a day, but due to error it says twice a day. Or a drug that is supposed to be taken three times a day spread throughout the day gets taken three at once. Also, perhaps it's not clear whether to take the medication with food. Confusion is common: In a study published in the Annals of Internal Medicine, 46 per cent of patients misunderstood at least one of the five medication labels they were shown.

Preventing errors

- Almost 10 per cent of adult Canadians with a health problem reported mix-ups when filling a prescription at a pharmacy or in hospital, according to the Commonwealth Fund International Health Policy Survey of Sicker Adults. Here are tips on how to prevent errors:
- When you receive a prescription, make sure you understand what it's for, the right dose for you, and the proper way to take it.
- Have the pharmacist go through the instruction on the prescription label with you.
- Make sure you know whether the medication should be taken with food.
- Read any warning labels on the prescription container and ask your pharmacist to explain them.
- Ask if there are other medications or remedies that shouldn't be taken with this drug.
- Take a list of your other medications with you to the doctor or hospital.

Errors with iron meds easy to make

CELIA MILNE
for Metro Canada

ANEMIC Many people are anemic ("low blood") and therefore take iron supplements. Iron pills are one of the areas that the Institute for Safe Medication Practices Canada has pointed out as being risky for errors. Different supplements contain different amounts of iron. For example:

- a 300 mg tablet of ferrous gluconate contains 35 mg of iron.
- a 300 mg tablet of ferrous sulphate contains 60 mg of iron.
- a 300 mg tablet of ferrous fumarate contains 99 mg of iron.

Confusion can occur if your doctor tells you to take 300 mg of ferrous sulphate daily, but the label on the bottle says each tablet contains 60 mg of iron. Be sure you understand how much you are supposed to take. Signs of an iron overdose are nausea, diarrhea, vomiting and stomach pains.

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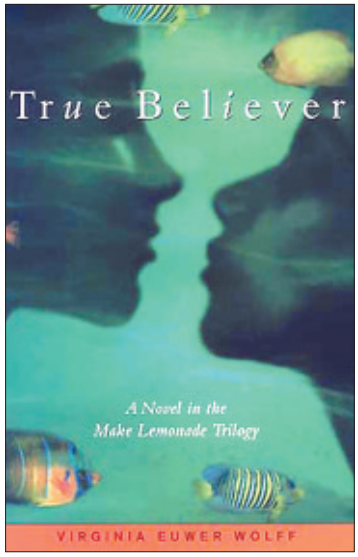
Fiction can help youths learn about love, sex

The J Spot
Josey Vogels
metronews.ca/thejspot



Novels such as Two Moons, left, and True Believer, right, can give young adults a better understanding of the emotions and confusion about adolescence than a school sex-ed class can.

Recent debates about sex education in schools has sparked a conversation about what kids should — or shouldn't — be learning when it comes to sex.

But frankly, most sex education rarely talks about stuff kids really want to know about; that is how to deal with the emotions, the heartbreak, the negotiations and the confusion involved in being an adolescent whose hormones are just getting kick started.

That's where today's glut of young adult fiction can play a role. Fiction is full of characters young people can relate to who are facing things they're facing, or opening their minds up to things others may be going through.

As Virginia Euwer Wolff writes in True Believer, a coming of age story of 15-year-old girl that, "In the sex class we have to take by school law where they showed condoms and scared us about AIDS, they said sexuality is the most confusing thing about being a teenager.

"I am sure this is correct because I strained my ears to hear over the racket of kids making a joke of the class waving condoms on their fingers hooting. And also because the sex teacher said it four times."

In her book Two Moons in August, Canadian author Martha Brooks grapples with the tangled emotions of a young girl coming to terms with her mother's death one summer, and falling for a boy who moves into her neighbourhood but who already has a girlfriend.

And Diana Weiler is one of the few authors who writes books aimed specifically at teenage boys, a group not exactly known for it's voracious reading habits. But if there's anything that's going to get a young guy to turn off the TV or the video game and pick up a book instead, a book that deals with sex is probably a good bet. If it's one that deals with some of the confusing emotions and issues he's currently facing, all the better.

The other brilliant thing about young adult fiction is that it offers another tool for plenty of parents, most of whom, quite frankly, would rather have root canal surgery than talk to their kids about sex.

And let's face it, how many teens really want to talk to their parents about this stuff anyway? That doesn't mean you can leave a pile of books beside your son or daughter's bed and tell them to have a good life. But a good book, offers the opportunity to open the discussion, and to broach some of the issues that might not otherwise come up.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

On the shelves

- Love & Sex: Ten Stories of Truth, Michael Cart (Editor)
- Sticks and Stones, Beth Goobie
- You Don't Know Me, David Klass
- Seven For a Secret, Mary C. Sheppard
- Pedro and Me: Friendship, Loss and What I Learned, Judd Winick

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Olive oil industry

Extra-virgin olive oil, once the domain of Spain and Italy, is popping up in surprising new places. It's on the up-and-up Down Under, growing in Croatia and is becoming such an industry in South America that a Chilean producer is bringing two products to the U.S. market this year. THE ASSOCIATED PRESS

Food

Gluten-free baking

When a person suffers from celiac disease, the aroma of home-baked bread, cookies, buns and cakes can be difficult to endure. This is because those with the disease cannot tolerate gluten, a protein in wheat, rye and barley. For those suffering from this condition, Wendy Turnbull, a Calgary-based celiac, has developed, through years of testing, a recipe for a gluten-free flour which she calls GEMS. And now she shares her flour recipes with readers in her new book Gems of Gluten-Free Baking. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Treat dad to BBQ favourites

One of the great features of Father's Day is that it takes place in June. The warm and sunny weather is a definite incentive to celebrating outdoors.

And this is where the barbecue comes into play. Here are two dad-friendly recipes for flank steak and sirloin cheeseburgers. Serve with a selection of salads and father will be in seventh heaven.

Celebrate Father's Day this year by firing up the grill for favourites like Tagliata of Flank Steak, above, and Sirloin Cheeseburgers, above right.

Tagliata of Flank Steak

MAKES 4 TO 6 SERVINGS
WINE MATCH: CHILEAN CABERNET SAUVIGNON

INGREDIENTS:

- 1 flank steak, about 750 g (1 1/2 lb) and 2 cm (3/4 inch) thick
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper
- 75 ml (1/3 cup) balsamic vinegar
- 2 ml (1/2 tsp) granulated sugar
- 1.5 l (6 cups) loosely packed baby arugula
- 250 ml (1 cup) loosely packed shaved Parmigiano-Reggiano cheese

METHOD:

Lightly brush steak on both sides with oil and season evenly with salt and pepper.

Allow steak to stand at room temperature for 15 to 30 minutes before grilling.

Prepare grill for direct cooking over high heat (230 to 290 C/450 to 550 F).

In a small saucepan over medium-high heat, combine vinegar and sugar. Allow mixture to reduce by half, 6 to 8 minutes, stirring occasionally. Remove from heat and let cool.

Brush cooking grates clean. Grill steak over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice. (If flare-ups occur, move the steak temporarily over indirect heat.) Transfer to a cutting board and let rest for 3 to 5 minutes.

Cut steak in half lengthwise and then cut each half across the grain into thin slices; divide evenly among serving plates. Pour any juices remaining on the cutting board over the steak, and pile the arugula on top.

Drizzle each serving of arugula with oil and the balsamic reduction, season with salt and pepper and top with the cheese.

Recipe source: Weber's On The Grill: Steak & Sides by Jamie Purviance.

Sirloin Cheeseburgers

MAKES 6 SERVINGS
WINE MATCH: CHIANTI CLASSICO

INGREDIENTS:

- 500 g (1 lb) lean ground beef sirloin
- 1 egg
- 1 clove garlic, minced
- 125 ml (1/2 cup) shredded provolone cheese
- 75 ml (1/3 cup) chopped pitted olives
- 50 ml (1/4 cup) each breadcrumbs and minced onion
- 30 ml (2 tbsp) Worcestershire sauce
- 5 ml (1 tsp) dried Italian seasoning

METHOD:

In a bowl, combine beef, egg, garlic, cheese, olives, breadcrumbs, onion, Worcestershire sauce and seasoning.

Divide meat into 6 portions. Form into 2-cm (3/4-inch) thick patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill). Make ahead: Refrigerate, covered, for 1 hour or up to 1 day.

Grill over medium heat on preheated oiled grill for 5 to 7 minutes per side, testing doneness with a digital instant-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 71 C (160 F).

Recipe source: Beef Information Centre.

THE CANADIAN PRESS

Father's Day is this Sunday

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

A Scottish gift

British Petroleum will have an easier time cleaning up that oil spill in the Gulf of Mexico than I ever will figuring out a gift to buy my dad for Father's Day. He's "Mr. I Don't Need Anything." I bet even the Criminal Minds team couldn't profile their way to the perfect present to give him.

Knowing the obstacles, I usually pick him up a bottle that will broaden his liquid horizons while giving me something to fill my glass with when I visit. The best fallback position is scotch: A spirit that offers as much variety in flavour as wine and, like all hard liquor, will last indefinitely.

Dad's a fan of the Scottish islands so a whisky like **Highland Park 12 Year Old** ($59.95 - $62.95) — a smoky, muscularly malty whisky from northern Orkney — would be right up his ally. I prefer an iodine-infused malt from Islay so maybe I'll go with the **Laphroaig Quarter Cask** ($59.95 - $77.49) — a blend of Laphroigs of various ages — this Sunday. Maybe.

Slide into flavour
Great as appetizers or as a meal, try President's Choice new mini beef burgers made with Angus beef and weighing in at one-and-a-half ounces each. Similar mini burgers have been seen on menus in trendy restaurants around the world and it's clear they are big crowd-pleasers. METRO NEWS SERVICES

A hearty summer brunch

French-toasted Cheese Sandwiches

SERVES 4

INGREDIENTS:

For sandwiches
- 1 tbsp butter
- 1/2 cup chopped mushrooms
- 1/4 cup chopped onion
- 1/8 tsp black pepper
- 8 slices white bread
- 4 square slices Cheddar cheese, halved crosswise
- 4 square slices part-skim mozzarella cheese, halved crosswise

For sandwiches
- 1 large egg
- 1 large egg white
- 3 tbsp 1% milk
- Nonstick cooking spray

METHOD:

1. For sandwiches, in 25 cm nonstick skillet, melt butter over moderate heat. Cook mushrooms, onion and pepper in butter until vegetables are tender. Remove from skillet.

2. For each sandwich, layer slice of bread, slice of Cheddar cheese, some mushroom-onion mixture, slice of mozzarella cheese, and another slice of bread.

3. To prepare egg coating, in shallow bowl, whisk egg, egg white, and milk. Dip sandwiches in coating to coat on both sides. Wipe out skillet, then coat with cooking spray. In skillet, cook sandwiches, 2 at time, over moderate heat until bread is golden and cheese begins to melt, turning once.

Per Serving: 428 calories, 18 g total fat, 9 g saturated fat, 46 g carbohydrate, 89 mg cholesterol, 2 g fibre, 20 g protein

French-toasted Cheese Sandwiches, above, Country Bean Soup, below.

Country Bean Soup

SERVES 4

INGREDIENTS:
- 1 cup dried lima beans, sorted and rinsed
- 5 cups chicken broth
- 2 cups shredded cabbage
- 2 carrots, shredded
- 1 onion, chopped
- 3 cloves garlic, minced
- 3 bay leaves
- 2 tsp dried oregano
- 1 tsp dried sage
- 1/2 tsp each salt and black pepper
- 1/4 cup minced parsley

METHOD

1. Quick-soak beans: In large pot, combine beans and 4 cups water. Bring to boil. Lower heat and simmer, uncovered, 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain and thoroughly rinse beans.

2. In same pot, combine beans, chicken broth, cabbage, carrots, onion, garlic, bay leaves, oregano, sage, salt and pepper. Bring to boil. Lower heat and simmer, covered, 2 hours or until beans are tender. Discard bay leaves. Using fork, slightly mash some of beans against side of pot. Stir in parsley.

Per Serving: 180 calories, 1 g total fat, 0 g saturated fat, 34 g carbohydrate, 0 mg cholesterol, 8 g fibre, 11 g protein

Mixed Melon Compote.

Mixed Melon Compote

SERVES 4

INGREDIENTS:
- 2 cups fresh strawberries, quartered
- 1/4 cantaloupe, seeded and scooped into balls
- 1/4 honeydew melon, seeded and scooped into balls
- 2 plums, pitted and sliced
- 2/3 cup apple juice
- 3 tgbsp firmly packed brown sugar
- 2 tsp lemon juice
- 1/2 tsp grated lemon rind
- 1/4 tsp ground cinnamon

METHOD

1. In large bowl, combine strawberries, melons and plums. In small bowl stir apple juice, brown sugar, lemon juice, rind and cinnamon. Pour juice mixture over fruit mixture; toss to coat. Cover and refrigerate 1 hour, stirring once.

2. Evenly divide fruit mixture with juice among 6 sherbet juices. Serve with cookies.

Per Serving: 138 calories, 0 g total fat, 0 g saturated fat, 35 g carbohydrate, 0 mg cholesterol, 4 g fibre, 2 g protein

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Using the same utensils and surfaces to prepare both raw and cooked foods is a health violation.

Risky restaurant kitchen practices

SAFETY Here's an unappetizing thought: A review of restaurant food safety practices found that a typical kitchen worker cross-contaminates food with potentially dangerous pathogens about once per hour.

Among the risky behaviours cited were workers using aprons and other garments to dry hands, as well as using the same utensils and surfaces to prepare both raw and cooked foods, according to a review by a North Carolina State University researcher.

Both practices are considered health violations, said Ben Chapman, an assistant professor and food safety specialist who used video cameras in eight restaurant kitchens to monitor worker food safety habits.

Cross-contamination happens when pathogens, such as salmonella and E. coli, are transferred from raw food or contaminated source to already prepared food.

THE ASSOCIATED PRESS

In brief

GRILLING TIPS When it comes to grilling delicate seafood, here are some important tips to ensure success:
- Always use a good coating of olive oil on the fish or shellfish to keep it from drying out.
- When grilling shrimp, large and jumbo sizes are the only ones to use. The jumbos are best because they are less likely to fall through the cooking grates.
- On the grill, scallops, oysters and mussels gently pop open when they are done. Be sure to discard any that don't as consuming them can be harmful.

THE CANADIAN PRESS

The end of Harry Potter

Daniel Radcliffe wore his Harry Potter attire for the last time this week as shooting wrapped on the final instalment of the series. "Everyone was really devastated. It was really, really sad," Radcliffe said Sunday. "We're crying quite a lot." THE ASSOCIATED PRESS

Entertainment

The survivor

Paula Abdul is optimistic that American Idol will survive after the departure of Simon Cowell. "I don't see an end to Idol, I see that there will be many changes," said Abdul. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

New music invasion

Bands from around the world take over Toronto during NXNE

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Hollerado plays loud, brash music that's filled with hooks.

This weekend hundreds of bands from around the world will descend on Toronto for the 16th annual North By Northeast music and film festival. While plenty of big name acts are on the bill — Iggy Pop and the Stooges and Eagles of Death Metal to name two — it's the lesser-known Canadian acts who stand to benefit the most from the music hungry crowds. With that in mind, you'll want to check out these five acts from across the country.

Kate Rogers Band (Thursday, Rivoli, 1 a.m.)

Choosing one Ontario group to see is almost impossible, but my pick goes to the Kate Rogers Band, an incredibly infectious Toronto-based rock act. There's a good chance you haven't heard of Rogers — she moved to the Big Smoke after spending eight years in the U.K. — but that should soon change. Her music blends folk, country, Britpop and rock, and while the tunes are memorable, it's her rich voice that really stands out.

Hollerado (Saturday, Mod Club, 8 p.m.)

Montreal's Hollerado has had a career a lot of young bands dream of — critical acclaim, a gig opening for Jack White and a battle of the bands win that netted $250,000. Listen to debut, Record in a Bag, and you'll quickly see why they're doing so well. The foursome plays straight-up rock 'n' roll — their music is loud, brash and filled with hooks. Think Supergrass-meets-Thrush Hermit-meets-Weezer.

For more details visit nxne.com

Japandroids (Friday, Lee's Palace 12 a.m.)

Vancouver's Japandroids don't need my vote — they've already played to packed crowds at Bonnaroo, Hillside and South by Southwest — but I'll give it to them anyway. This garage rock duo oozes unbridled energy. Their ear-splitting, fuzzed-out guitars and heavy drums are straight out of the early '90s. But this isn't a nostalgic look back — the twosome's frenetic pace and off kilter harmonies sound fresh.

Metro is giving away 5 NXNE wristbands. Visit us on Twitter for details: @TheMetroMusic

Old Man Luedecke (Friday, Dakota Tavern, 9 p.m.)

Everyone loves a banjo, right? Well, at least I do, which is why I'm recommending one of Canada's best finger picking songwriters, Chester, N.S.'s Chris Luedecke. The Juno winner has been around for a while — his first album was released in 2003 — but his bluegrass, alt-country combo is only getting better.

Women (Thursday, The Great Hall 7 p.m. and Friday, Silver Dollar, 2 a.m.)

Women are not an easy band to define, so you'll have to go see this Calgary foursome yourself. But the group — who've backed Chad VanGaalen — play a twisted brand of indie rock, spewing out weird noises, Beach Boys-like harmonies, bizarre breakdowns and strange atmospheric noises while putting something together that's astoundingly pleasant to listen to.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

5 buzz bands

CAM LINDSAY
for Metro Canada

Zola Jesus

PICKS Canada's answer to South By Southwest has always fallen short of matching the calibre of talent that floods the Austin, Texas festival each year.

However, as more than 650 acts prepare to play 50 downtown venues this week, NXNE re-brands itself as an exhibition for some of the most buzzed about bands in the world. Here are five you can't miss.

Surfer Blood (West Palm Beach, Fla.): These 20-somethings don't actually surf, but their melodies suggest they're beach boys. Debut album Astro Coast blends the fuzzy and reverb guitar sounds with power pop hooks and tropical nuances. For fans of Weezer and Vampire Weekend.

Comanechi (London, England): Akiko Matsuura splits her time as the drummer for both The Big Pink and Comanechi. Here she and guitarist Simon Petrovitch create unrelenting garage punk that rumbles and bleeds sludge at a breakneck pace. For fans of Yeah Yeah Yeahs and L7.

Best Coast (Los Angeles): Bethany Cosentino's formula is simple: distorted power chords, girl group harmonies and crackling production. But her lo-fi pop's sunkissed melodies and nostalgic lyrics make for just the kind of chilled out vibes you want when you're catching some rays. For fans of Vivian Girls and Wavves.

Zola Jesus (Madison, Wis.): Nika Roza Danilova is an opera-trained singer who eschews her God-given talent to wail over droning orchestrations and throbbing beats. Rooted in industrial, goth and neo-classical music, Zola Jesus' morose disposition is a thing of beauty and pain. For fans of Siouxsie & The Banshees and Bat For Lashes.

Cold Cave (New York City): Wes Eisold ditched his guitar for some banged up synthesizers to form this experimental supergroup. While the concept is avant-garde, the songs are straight out of the '80s synthpop heyday with as much melody as weirdness. For fans of New Order and Magnetic Fields.

A carnal comedy

Lee's Carnivore heeds the call of flesh

CHRIS ALEXANDER
for Metro Canada

Few Canadian artists have had such a varied and unique media presence as Vancouver-born Sook Yin Lee.

Starting her career as frontwoman for West Coast indie band Bob's Your Uncle, Lee soon landed a gig as one of Much Music's most beloved and eccentric VJ's while moonlighting as club-haunting avant garde musician and performance artist. After the Much gig folded, Lee landed at CBC radio as the host of Definitely Not the Opera while still functioning as a musician and erstwhile actress.

And it's her acting sideline that has given her perhaps the most international notoriety: as the lead in John Cameron Mitchell's X-rated dramatic comedy Shortbus, Lee shed all her clothing and inhibition and engaging in all manner of graphic, non-simulated sex.

Sook Yin Lee directs Year of the Carnivore.

But Year of the Carnivore represents yet another side of Sook Yin Lee and sees her again exploring the dafter side of human sexuality, this time from behind the camera.

"In many ways this film is the story of my life," Lee says of the racy picture, which she wrote as well as directed. "And in some ways it's the equivalent of a good pop song. Filmmaking is musical, editing is musical and I was trying to make something that was both economically constructed and entertaining."

Carnivore tells the tale of awkward nerd girl Sammy (Cristin Milioti) who, after a clumsy encounter with her rocker boy crush, decides to embark on a wild odyssey of wanton sex with strangers in an effort to educate herself and be a better lover.

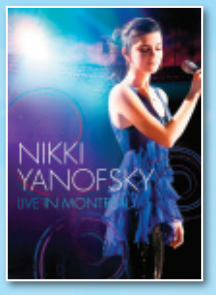
The movie is light, frothy and filled with ludicrous intercourse (though there's no actual nudity). But, hidden in its arch folly, is a serious message.

"Every time I try to be serious it turns out funny and vice versa," says the multi-talented filmmaker.

"But I tried to find a balance here. I didn't know anything about sex as a kid and had to find out so in some ways, this kind of serves as a pamphlet on sexual education. I wanted to get behind the story of sex without giving people an eyeful."

• Year Of The Carnivore opens Friday.

Cool Off With Sensational Summer Releases



16 year old Nikki Yanofsky captured our hearts performing 'I Believe', the official theme song of CTV's Vancouver 2010 Winter Olympic Games. This DVD features over 22 songs including 'Take The A Train', 'I Got Rhythm', 'On The Sunny Side Of The Street', 'Cool My Heels', 'God Bless The Child' and 'Never Make It On Time'.

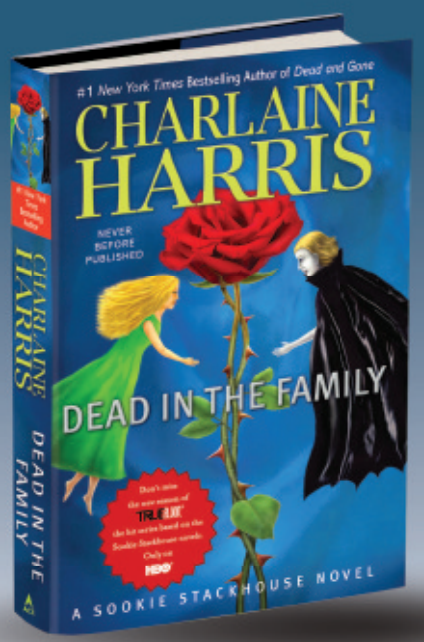
Nikki Yanofsky Live in Montréal DVD

Runner up on season two of American Idol, Clay has sold over 6 million albums worldwide. 11 classic standards including 'What Kind Of Fool Am I?', 'Misty', 'Mack The Knife', 'Moon River', and 'Unchained Melody'.

Clay Aiken Tried & True

The Canadian Tenors Live at the Royal Conservatory of Music DVD

The Canadian Tenors have performed over 80 concerts on three separate continents. This DVD was taped in Toronto at the Royal Conservatory of Music and features David Foster and Sarah McLachlan. Much loved favourites include, 'Ave Maria', 'The Prayer', 'Hallelujah', 'Because We Believe', and 'Nella Fantasia'. Oprah is a fan, they were seen on her show this spring!



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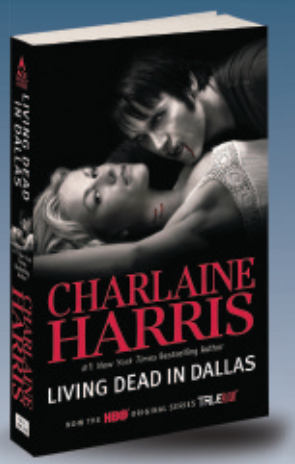

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Prima Donna moment

Wainwright tries his hand at writing opera

Singer-songwriter Rufus Wainwright says he's faced some skeptics as he crosses over from pop world to the land of arias with his debut opera, Prima Donna, which made its North American debut last night.

"I think when I first started this process, a lot of people were a little bit, I don't know, they just didn't think I could pull it off, just me alone," the acclaimed, Montreal-raised musician said in a recent interview.

"I think they thought at a certain point that they would come in and bring in an orchestrator and kind of take my baby and bring it up themselves because they know what to do.

"But as it turns out I kind of came in with everything fully formed and ready to go and they were a little shocked."

Prima Donna — which is in the city for the Luminato arts festival — is written entirely in French by Wainwright, who also composed the score. The story is set in 1970 Paris, where a fading opera diva named Regine Saint Laurent (British soprano Janis Kelly) attempts to reclaim her title as one of the world's greatest sopranos.Despite some strong feedback Wainwright isn't in a hurry to write another opera.

"We'll see," he said when asked if he'd like to pen another one. "I would. It really depends.

"I'd like to take one more crack at the pop dragon and see what that entails, but we'll see. I still have a little more work to do in the radio world."

Wainwright will also be performing two solo concerts at Luminato to promote his new album, All Days Are Nights: Song for Lulu. THE CANADIAN PRESS

KEVIN WESTENBERG/TORSTAR NEWS SERVICE

Rufus Wainwright will perform two solo shows at Luminato.

Solo album shows

Where to find tickets to his irst stop on North American tour

- Tickets are available for Wainwright's two dates — June 15 and 17 — through Luminato.com
- The live show is at the Elgin Theatre (189 Yonge St.) and prices start at $45 and go up to $65

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Luminato listings

What's coming up?

Here is a look at some of the events taking place today as part of Luminato, Toronto Festival of Arts and Creativity.

- The Barenaked Ladies, Blackie and the Rodeo Kings, Buck 65, Amelia Curran, Jason Fowler, Michael Occhipinti, Sylvia Tyson, The Wailin' Jennys and Hawksley Workman pay tribute to Bruce Cockburn at 7:30 p.m. at Massey Hall.
- Giant images of pop goddesses from The Black Star Collection at Ryerson University are on display at Yonge-Dundas Square.
- The Wish Come True Festival, featuring colourful totems and inflatable buildings opens at Queen's Park. The family event is free.
- For more details on these and other events, visit luminato.com.

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Film sound pioneer honoured with Weaver's help

Sigourney Weaver has helped Aubrun, N.Y., honour the man who brought sound to motion pictures. The Avatar actress was present at a ceremony which feted Auburn native Theodore Case, who pioneered a method to put sound on film in 1916. THE ASSOCIATED PRESS

A Fox among the fans

Jonah Hex star not afraid to take on comic-book roles

NED EHRBAR
Metro World News

Megan Fox obviously knows a thing or two about fame and the media spotlight, with her every move and utterance chronicled since her breakout role in Transformers three years ago. And she knows that not everyone can handle it.

"People who make it to this level of fame for whatever reason — whether it's deserved or not — you have to be a strong person to survive it, because it is very difficult to be under the microscope every moment of every day," she says.

"Everything that leaves your mouth becomes this sensationalized news story no matter what your intentions were when you first said it, so it becomes overwhelming."

What keeps it from overwhelming her, she explains, is the people closest to her. "I've maintained the same relationships that I've had before this happened to me," she says.

It's those relationships — and a surprisingly homebound nature — that keep her from following down the path of someone like Lindsay Lohan.

"I sort of distanced myself from the Hollywood crowd. I don't really go out and socialize that way. Oddly, you wouldn't think it, but I'm very domestic. I think that keeps me sane. My personal relationships have kept me grounded."

Megan Fox and Josh Brolin get stuck in Jonah Hex.

Jonah Hex opens Friday

After two Transformers films, Fox infamously parted ways with director Michael Bay's franchise. But that doesn't mean she's through with big-budget action movies.

"I like working on action films, and I like working on movies that are comic book-based or that have this sort of thing, because they're things that I watched or I loved when I was a kid," she says.

And it's that affinity that brought her to her latest film, Jonah Hex, based on the comic book about a scarred cowboy bounty hunter (played in the film by Josh Brolin).

The film posed some technical difficulties for Fox, though.

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands," she says. But one thing she didn't mind was her costume, featuring an impossibly tight corset — or not so impossibly, to hear Fox tell it.

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands."
Megan Fox

"I loved the corset," she insists. "Everyone thought I was in pain or I was hurting, that something was wrong with me because my waist was so small. But I enjoyed it. I wish that they would come back into style."

Working on a comic book adaptation, Fox knew there would be a risk of upsetting the core Jonah Hex fans. But she refused to worry about it.

"I love them, but it's impossible to please the hardcore comic book fans, because they'll never be happy no matter what you do," she says.

And Fox has a surprising insight into the fans' mindset: "Because I'm a Lord of the Rings fan, I'll go on the forums, and they complain that, like, Frodo is eating the lembas bread outside of Mordor instead of the Mines of Moria, and they get really mad," she says.

"And Peter Jackson and company won, like, 30-something Oscars for that. So you can't focus completely on pleasing them, because you'll never win."

DVD picks

The Book of Eli

Director: Albert Hughes

EIGHTEEN MONTHS ago, The Book of Eli might have been viewed as scorched satire on the swapping of White House occupants, from Bush to Obama.

Here you have a charismatic and literate African-American (Denzel Washington) roaming a post-Apocalypse United States, promising hope and change in a land ruled by thugs and stuttering morons.

But the picture is a lost opportunity, perhaps mirroring reality in that regard. This Book doesn't teach, inspire or amuse; instead it mysteriously flops open at that well-thumbed page favoured by hack filmmakers, the one that reads simply, "Smash, hack and torch." It's The Road Warrior meets The Road, and a lot of brain cells burn along with the rubber.

Extras include a 40-minute picture-in-picture commentary by Washington and the Hughes Brothers, plus additional scenes and backgrounder featurettes.

Youth In Revolt

Director: Miguel Arteta

MICHAEL CERA desperately needs a guy like Francois Dillinger. He's the evil twin of Cera's nerdy Nick Twisp in Youth In Revolt, a coming-of-age comedy that may help convince casting directors that Cera can play more than just dweebs.

Cera gets the good foot on the bad thing with Francois Dillinger, a pencil-moustached sociopath doppelgänger whom Nick summons straight from the id. It's the only way he stands a chance with Sheeni Saunders (Portia Doubleday), a girl he meets at a trailer park who shares his pop-cult interests.

Enter Dillinger, who is equal parts French New Wave hipster and Public Enemy No. 1. Whenever Nick seems about to waver in his obsessive drive to bed Sheeni, Dillinger magically appears to harangue, heckle and vandalize in the name of lust.

PETER HOWELL/FOR METRO CANADA

It's a Hollywood show at the Tonys

If you weren't watching the Tonys too carefully, you would have thought they had turned into the Oscars.

Sunday's show was a night for celebrities and for the meaning of celebrity, when Academy Award winners Denzel Washington and Catherine Zeta-Jones took home their first Tonys, and when the most honoured play, Red, was itself a meditation on art and commerce.

Other familiar faces included Will Smith and Michael Douglas, Helen Mirren and Daniel Radcliffe, and Glee stars Matthew Morrison and Lea Michele.

Red, which won the Tony for best play and five other honours, loomed as the dark, unanswered conscience at the bright lights ceremony, an anguished two-man drama about painter Mark Rothko and his devilish dilemma over whether to accept a rich commission for the fancy Four Seasons restaurant.

THE ASSOCIATED PRESS

Catherine Zeta-Jones picked a Tony Award for her role in A Little Night Music.

Zeta-Jones was a show herself, winning for best actress in a musical as the amorous actress in the revival of Stephen Sondheim's A Little Night Music and earlier crooning the Sondheim standard Send in the Clowns.

Two other Hollywood stars Washington and Scarlett Johansson, were first-time nominees and winners.

``Every since I was a little girl I wanted to be on Broadway and here I am,'' said Johansson, the voluptuous Hollywood star best known for such films as Matchpoint and Lost in Translation.

THE ASSOCIATED PRESS

Seacrest stalker jailed

A judge in Los Angeles has sentenced a man charged with stalking Ryan Seacrest to two years in prison. Chidi Benjamin Uzomah Jr. received the maximum sentence yesterday after previously pleading no contest to stalking the host of American Idol. THE ASSOCIATED PRESS

Teen fleshes out Bone

PHIL BROWN
for Metro Canada

Jennifer Lawrence's name might not provoke instant recognition and reverence today, but soon that will change.

The actress has been steadily amassing an intriguing body of work with films like The Burning Plain and her breakout role for Winter's Bone hits screens this week.

The dark and disturbing independent film about a teenage girl forced to take control of her family and track down her missing and possibly deceased father in a depressed backwoods community has been steadily gaining deserved recognition since winning the Grand Jury Prize at this year's Sundance Film Festival.

Lawrence appears in every scene, admirably carrying the movie with a powerful and surprisingly mature performance.

Jennifer Lawrence stars in Winter's Bone, out this Friday.

The 19-year-old actress recently spoke to Metro and revealed that she had to fight to earn the role.

"I got the script from my agent and was immediately obsessed with it," said Lawrence. "I auditioned, but they told me I was too pretty. So I chased them to New York on a red eye like a psycho (which took care of the pretty part) and auditioned again and again until I got it."

The persistence clearly paid off as she is currently garnering well-earned praise for her impressive work and just might be in a line for a few acting awards later this year.

The role takes Lawrence to some rather dark places, which is something the actress has practically specialized in so far. One would suspect that she is enamoured with these disturbing sorts of films, but she is quick to admit that it's never the tone of the movie that draws her in.

"I'm attracted to these roles because they aren't stupid," joked Lawrence. "It's very hard to find good roles, especially young blonde female roles with substance. These are just the things that I've happened to fall in love with so far."

She also revealed that she'd like to try something lighter next, if only as a change of pace.

"I don't want to end up doing dark things for the rest of my life," said Lawrence.

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MTV hiring a TJ

Remember the MTV VJ? That's so two decades ago. Now the network is looking to hire its first TJ, or Twitter Jockey. MTV officials say the search is on for a new social media maven who will engage with the MTV audience. THE ASSOCIATED PRESS

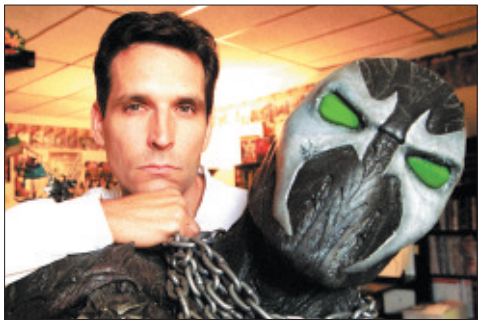
Spawning another round of comic lawsuits

Writer suing Todd McFarlane again over rights to three other Spawn series characters

The fate of the world doesn't hang in the balance, but a lot of money probably does.

Science-fiction writer Neil Gaiman and former Spider-Man artist Todd McFarlane's attorneys have been sparring for years over Gaiman's claims to a handful of characters created for McFarlane's classic Spawn series, which features a murdered CIA agent who becomes a demon.

Now Gaiman insists McFarlane owes him for three more characters — a demon named Dark Ages Spawn and two avenging angels in thong bikinis. A federal judge in Madison had scheduled a hearing yesterday to listen to both sides' arguments.



CRAIG LASSIG/THE ASSOCIATED PRESS

Sci-fi writer Neil Gaiman, right, is filing another lawsuit against Todd McFarlane over comic book characters he claims he invented.

The long-running case underscores the tension among comic artists as they vie for rights to even minor characters in an industry that has grown more lucrative over the past 20 years through movies, graphic novels and international distribution.

Comic book sales totalled about $429 million last year, up from $360 million to $400 million in 1996, according to estimates by The Comics Chronicles, which compiles comic sales data. The Batman movie sequel The Dark Knight has grossed over $1 billion worldwide since it was released in 2008, according to Box Office Mojo.

Spawn isn't nearly as popular as Batman or Spider-Man, but the series has been fairly successful with action figures, an Emmy-winning HBO series and a 1997 movie that grossed $87 million worldwide. A sequel is in development, according to Image Comics' Web site.

Gaiman's attorneys said Gaiman plans to donate any money that comes out of the case to charity. The lawsuit for him is more about establishing clear guidelines for other comic book creators about their rights to characters, they said.

"Our view is McFarlane just took some of the characters Neil was a co-creator of and just gave them different names," said Gaiman's attorney, Allen Arntsen. "It's a matter of principle."

McFarlane's lead attorney, James Alex Grimsley, didn't return several messages seeking comment.

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Injecting some Enthusiasm

Larry David's series wins big at Banff Television Festival

The biting comedy Curb Your Enthusiasm and the drama In Treatment have won two big fiction prizes at the Banff World Television Awards.

The two HBO series were among the winners in the first of five ceremonies honouring the best in fiction, non-fiction, film, special achievement and digital programming.

Trophies were set to be handed out over four days, with winners drawn from 900 entries from more than 40 countries.

Other winners Sunday included the NFB's Molly in Springtime, for best animation; the BBC's Bill Bailey's Remarkable Guide to the Orchestra, for best music & variety program and Nickelodeon's TeenNick HALO Awards, for best youth program.

The awards are part of the Banff World Television Festival. THE ASSOCIATED PRESS

Larry David's Curb Your Enthusiasm won best in fiction at the Banff World Television Awards

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No need for Idol's Simon worship: Ex-producer

FOCUS American Idol shouldn't try to replace Simon Cowell now that the sharp-tongued judge has left to helm a new reality series, says former Idol producer and So You Think You Can Dance judge Nigel Lythgoe.

The variety show guru, who worked on Idol until 2008, says the singing competition should stick with three judges and pay more attention to the music after a lacklustre season.

"It's never been my opinion that four judges work on that program because it should be about the talent," Lythgoe said in a recent interview from New York, before heading to Banff.

"The team took their eye off the ball a little bit and was more worried about the judges and what was happening with them than it was regarding the talent last year. It became about Kara (DioGuardi) joining and making the fourth judge, Paula (Abdul) leaving, Ellen (Degeneres) joining and Simon leaving and much more about them and concentrating on that than on the talent that they were finding."

THE ASSOCIATED PRESS

Ratings

- American Idol's ninth season wrapped last month with its lowest-rated finale ever. Former paint salesman Lee DeWyze took the crown, but much of the attention was on Cowell's final appearance as he prepares to launch a new reality show, The X Factor.

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/15/10	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin		The Jury (Part 6 of 6)		Amazing Planet: Born of Fire		Agenda-Paikin
primetime	211	331	3	GTV	Entertainment	ET Canada	NCIS "Ignition" (HDTV)		NCIS: Los Angeles		The Good Wife "Fixed"		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Laughs	World Cup Soccer Match of the Day.					CBC News: The National		Soccer
	214	344	7	CITY	Hell's Kitchen (PA) Feeding hungry college students. (N)				America's Got Talent (N)		Survivorman		News
	212	313	8	CTV	etalk	Access H.	The Mentalist		CSI: Crime Scene Invstgtn.		Criminal Minds		CTV News
	218	345	11	CHCH	*High Adventure* (2001, Action) Thomas Ian Griffith, Anja Kling.				*Freddy vs. Jason* ★★ (2003, Horror) Robert Englund.				News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Old Christine	The Insider (N)	Jimmy Kimmel	Positive Living	*Zolar* (2004, Science Fiction) Jordan Hoffart.				Dream Car
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Ignition" (HDTV)		NCIS: Los Angeles		The Good Wife "Fixed"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	America's Got Talent		America's Got Talent (N)		Losing It With Jillian (N)		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Jimmy Kimmel	NBA	NBA Basketball Finals, Game 6 -- Boston Celtics at Los Angeles Lakers.				
	219	346	20	ACH-B	Canada's Worst Driver		Raising the Bar		Movie				A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Hell's Kitchen (PA) Feeding hungry college students. (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	Tackling Diabetes With Dr. Neal Barnard			5 Love Languages With Dr. Gary Chapman			Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	One Tree Hill (HDTV)		Life Unexpected (HDTV)		PIX News at Ten (N)		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show		According-Jim	Family Guy	News at 6	KTLA News	Two/Half Men	Two/Half Men	One Tree Hill
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
	509	504	79	CNB	Kudlow Report (N)		The NEW Age of Wal-Mart		Biography on CNBC		American Greed Jewel thief.		Mad Money
sports	405	417	22	net	Premier	Billiards World Cup of Pool.		Poker Stars		Sportsnet Con.	MLB Baseball: Blue Jays at Padres		
	400	400	30	TSN	Poker Women's World Open III.		NBA Pregame	NBA Basketball Finals, Game 6 -- Boston Celtics at Los Angeles Lakers. (HDTV) (Live)					
	411	457	58	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters		Destin. Truth
	417	406	81	SC	NASCAR Smart	NASCAR Hub	Monster Jam (HDTV) (N)		Bullrun (HDTV)		Race in 60 (HDTV) (N)		Monster Jam
family	551	542	25	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
cable variety	602	567	27	W	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	*To Have and to Hold* (2006, Suspense)		
	570	580	29	MM	Styl'd "Playing Favorites"		Pretty Little Liars		Hard Times	Hard Times	Degrassi: TNG	Degrassi: TNG	UR11
	615	520	31	A&E	The First 48		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 "Last Wish"		The First 48
	700	800	35	TLN	FIFA Copa Mundial Fase de Grupos: Brasil vs. Corea DPR.				Sky TG 24		George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	The O.C.
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	616	521	39	SHO	The Guard (HDTV)		*Premonition* (2004, Suspense) Casper Van Dien.				Californication	Diary-Call Girl	Diary-Call Girl
	620	523	40	BVO	Diana Krall-Rehearsal Hall		Montreal Jazz Festival		Altered by Elvis		Spectacle: Elvis		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Ancient Weather (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (HDTV) (N)		Weather
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Design School		Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	MLB Baseball Tampa Bay Rays at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Seinfeld	Seinfeld	Law & Order
	576	582	49	BET	106 & Park	BET Award	*You Got Served* ★★ (2004, Drama) Marques Houston.				Tiny & Toya	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Doctor Who		The Listener (DVS)		Defying Gravity (DVS)		Stargate SG-1
	581	566	52	MTV	The Hills	After	Cribs	Cribs	The City	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	Colin & Justin's Home Heist		Wife Swap		Wife Swap		Restaurant Makeover		Last 10
	603	561	56	FOOD	Ricardo	Exotic	Dinner Imposs.	Dinner Imposs.	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	Kink in My Hair		ideaCity	Driven, Vision	Doc
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "The House"		Missing "John Doe"		The Closer "Pilot"		Cold Case "The House"		Psychic Inv.
	300	601	301	M1	*Tyler Perry's I Can Do Bad All By Myself* ★★ (2009)				*Tropic Thunder* ★★★ (2008, Comedy) Ben Stiller.				*My Bloody Val*
	305	612	306	PIX	*White O*	(7:20) *The Interrogation of Michael Crowe*			*Liar Liar* ★★ (1997, Comedy) Jim Carrey.			*Major Crime* (1997)	
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart (Part 1 of 2)		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Spice Girls	FashionTele	FashionTele	RAW	FT Found Footage		America's Next Top Model		Fashion-Uncut

critics'corner

Liar Liar

When a lying lawyer is magically forced to tell the truth for 24 hours, thanks to his son's birthday wish, major chaos ensues in both his personal and professional lives. Carrey's rubber face gets a hilarious workout as his character tries to fight the spell and form a fib. Maura Tierney and Cary Elwes also star in this 1997 comedy. 11:45 AM on PIX

Anna and Kristina's Beauty Call

In the new episode "Old School," Anna and Kristina help a firefighter named James achieve a classic Las Vegas look, with Lawrence Zarian, aka "The Fashion Guy," passing judgment on the results. Dr. 90210 weighs in on male style, and the girls offer tips on picking the right socks. 9 PM on W

The Good Wife

As her husband's legal team continues to work on his appeal, Alicia discovers evidence of possible jury tampering in her firm's class-action suit against a pharmaceutical company in "Fixed." 10 PM on GTV CBS

Battle over Coleman's estate continues
Gary Coleman's friend and former manager will give up the fight to be appointed the special administrator of his estate, his attorney said yesterday. Dion Mial says he will no longer seek to be special administrator of Coleman's estate because a more recent will has surfaced. THE ASSOCIATED PRESS

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

RUSSELL CROWE is tweeting from the grave, **AMANDA BYNES** is looking to clean house, **JUSTIN BIEBER** is a fan of manners, and **JESSICA SIMPSON** actually retained some information.

@russellcrowe Unable to answer tweets fell off a mountain in Austria, all over red rover. Don't know how i got there, but the media are never wrong. G'Bye.

@chicky Quick question, how can I unfollow everybody I follow on Twitter without everybody freaking out on me?

@justinbieber I love please and thank yous.

@JessicaSimpson Random fact: the jalapeno was the first pepper taken to space.

METRO NEWS SERVICES

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METRO WORLD NEWS

Jackson dad blames wife for MJ's death

DENIAL. NOT A RIVER IN EGYPT. POSSIBLY A JACKSON FAMILY PATRIARCH As the anniversary of Michael Jackson's death approaches, Joe Jackson is busy blaming Katherine Jackson for their son's passing, recounting an argument they had last June to News of the World. Joe tells the newspaper he was concerned that Michael was "looking kind of funny and and frail" and asked Katherine to check in on him. "But she didn't want to do that because she was afraid she was invading his privacy," Joe says. After Michael passed away, Joe says he told Katherine, "This would have never happened if you had went and been with him."

METRO WORLD NEWS

Kylie opts for facial mobility

SEE? RICH, BEAUTIFUL STARS HAVE TO OVERCOME EXTREME HARDSHIPS, TOO Kylie Minogue is coming to terms with growing older and has ditched her Botox habit. "I stopped using it a while ago," she tells Hello magazine. "I have lines on my face now, and that's OK." She also insists she'll never get plastic surgery. "You're not yourself if you do that," the Australian singer says.

METRO WORLD NEWS

More secrets and lies from the Monjack files?

YOU KNOW HOW YOU KNOW SOMEONE'S REALLY CREEPY? READ THE FOLLOWING: Brittany Murphy's husband, Simon Monjack, allegedly had a secret he took to his grave: children. Monjack's mother and brother reportedly discovered e-mails on his laptop from two different women claiming to have had children by him, according to TMZ. The computer also reportedly had records of multiple wire transfers, some for as much as $48,000 at one time.

METRO WORLD NEWS

James Franco hits up L.A. gay pride parade

FOLLWED BY A SERIES OF COMPLETELY UNINTELLIGIBLE STATEMENTS. TEN BUCKS IF YOU CAN FIGURE OUT WHAT ON EARTH HE JUST SAID James Franco turned heads over the weekend when he showed up at Los Angeles' Gay Pride celebrations, but it was all in the name of art. Franco was there with drag performer Kalup Linzy to make a short film about Linzy for Franco's return to the soap opera General Hospital later this year. "I thought it'd be interesting if I took a real artist that was inspired by soaps," Franco tells World of Wonder. "And then (he's) in a real soap opera doing their own version of contemporary art."

METRO WORLD NEWS

Montag hires private eye

AND THEN GETS COMPLETELY TRIPPED UP BY THE WORLD 'PRIVATE'. LIKE, WE'RE TALKING NOT EVEN ABLE TO GRASP THE CONCEPT With their marriage officially on the rocks, Heidi Montag and Spencer Pratt are now accusing each other of infidelity, with Montag even going so far as to hire a private investigator, according to Radar Online. "She is very anxious to find out if her suspicions and the rumors are true, especially if he's spent any money on another woman," a source says. "Heidi has hired a former member of the sheriff's department, who now works as a private investigator, to look into it. It is really important to Heidi to find out if Spencer has been cheating on her."

METRO WORLD NEWS

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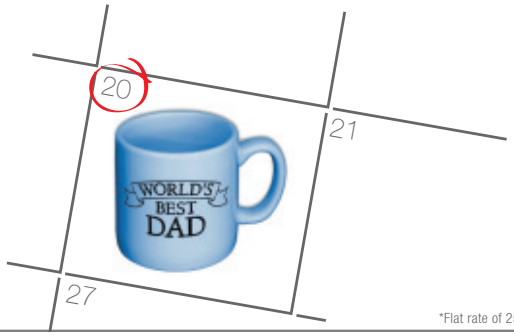

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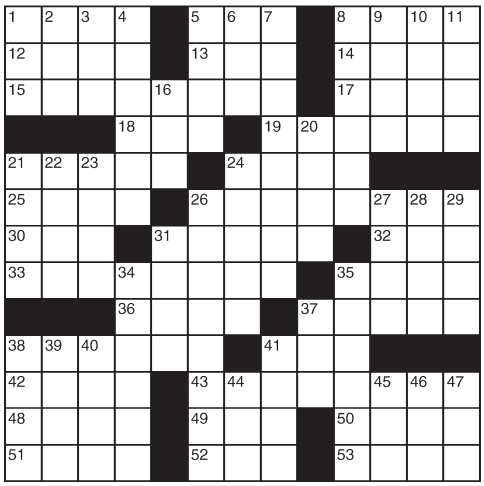

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

				8		5		
1	4						2	
	3	5	4			6		
		6	9			2	8	
			5		1			
	9	7			8	3		
		3			6	7	9	
	5						6	8
		8		5				

ACROSS

1 Snatch
5 Vacationing
8 Lion's pride?
12 Its three largest cities all start with C
13 Prohibit
14 Culture medium
15 "Candide" author
17 A huge amount
18 Sound of disapproval
19 Chewy candy
21 Stem
24 Despot
25 Give as an example
26 Egyptian capitalists?
30 Fuss
31 Challenges
32 Mischievous tyke
33 Good as new
35 Use a teaspoon
36 Profits
37 Lascivious
38 Scabbard
41 Can material
42 Ringlet
43 Terrier type
48 Jason's ship
49 Wildebeest
50 Winged
51 Online journal
52 — out a living
53 React with boredom

DOWN

1 State leader (Abbr.)
2 Pi follower
3 Have a bug
4 Carafe, e.g.
5 Last write-up
6 Distant
7 Overly excited
8 Ripen
9 Enthusiastic
10 "Peter Pan" pooch
11 Formerly, formerly
16 Arctic diving bird
20 Galley array
21 Cicatrix
22 Ocean motion
23 At the summit of
24 Gives a darn
26 Punic Wars city
27 Little lice
28 Send forth
29 Agile
31 Regimen
34 Having hands, as a timepiece
35 Half the weekend
37 Whopper
38 Wound cover
39 Pitch hard
40 Therefore
41 Verifiable
44 Squid squirt
45 — carte
46 Legislation
47 Sea eagle

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

E	M	S	■	R	A	I	D	S	■	R	U	M		
N	A	P	■	E	L	I	O	T	■	E	G	O		
D	R	A	M	A	M	I	N	E	■	E	L	L		
■	■	■	I	D	A	■	T	R	I	X	I	E		
S	A	D	D	E	N	■	S	E	T	A	■	■		
A	T	E	■	R	A	P	■	S	E	M	I	S		
N	O	T	E	■	C	I	A	■	M	I	R	E		
S	P	E	C	K	■	E	M	U	■	N	O	N		
■	■	R	H	O	S	■	I	N	D	E	N	T		
A	L	M	O	S	T	■	S	M	U	■	■	■		
L	E	I	■	H	I	S	T	A	M	I	N	E		
P	A	N	■	E	L	I	A	N	■	O	U	T		
O	D	E	■	R	E	N	D	S	■	N	B	C		

4	1	7	9	6	5	2	8	3
8	6	2	3	1	4	9	7	5
3	5	9	7	2	8	6	1	4
5	9	4	8	7	1	3	2	6
2	7	3	6	5	9	1	4	8
1	8	6	2	4	3	7	5	9
6	3	5	1	8	7	4	9	2
9	4	1	5	3	2	8	6	7
7	2	8	4	9	6	5	3	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Corn Chowder with Ham

INGREDIENTS:

2 cups frozen corn
1 3/4 cups low-sodium chicken broth
1 yellow onion, chopped
1 medium-size potato or parsnip, peeled and cubed
1 cup chopped sweet green, red, and yellow pepper
1 tsp dried marjoram leaves
1/4 tsp each salt and black pepper
1/2 cup 1% milk
3 tbsp all-purpose flour
1 cup bite-size pieces cooked low-sodium ham

METHOD:

1. Cut kernels off fresh corn; measure 2 cups corn. In large pot, combine corn, broth, onion, potato, green pepper, marjoram, salt and white pepper. Bring to boil. Lower heat and simmer, covered, 10 minutes or until potato is almost tender, stirring occasionally.

2. In small bowl, whisk milk and flour. Stir into corn mixture. Cook, stirring constantly, 2 minutes or until thickened and bubbly. Stir in ham. Cook 2 minutes more or until heated through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Some habits are easy to break but others are exceedingly difficult to change and one such habit will cause you a certain amount of grief today.

TAURUS ♉
APRIL 21-MAY 21
If you force yourself to do something you don't think you'll enjoy today you may be surprised to discover that it's not so bad after all.

GEMINI ♊
MAY 22-JUNE 21
You may find yourself under pressure from colleagues and friends to do things that seem wrong or immoral. Always be true to yourself.

CANCER ♋
JUNE 22-JULY 22
Actions always speak louder than words, so do what has to be done today and don't worry that others might not understand your reasons.

LEO ♌
JULY 23-AUG 23
Don't let money worries limit your horizons. You may think you cannot afford to go out and have fun but you can if you use your imagination.

VIRGO ♍
AUG 24-SEPT 22
Everything seems to be falling into place at the moment, but there is a danger you could spoil things by focusing on minor failures.

LIBRA ♎
SEPT 23-OCT 23
Something that was easy yesterday will for some strange reason be difficult today, but you must not use that as an excuse to give up on it.

SCORPIO ♏
OCT 24-NOV 22
You may find it hard to get along with certain people but you should make the effort nonetheless. Today few things will faze you.

SAGITTARIUS ♐
NOV 23-DEC 21
It may not be easy turning down a proposal of some kind but if your instincts tell you to steer clear it would be foolish not to take note.

CAPRICORN ♑
DEC 22-JAN 20
Is it possible to have too much of a good thing? Maybe, but you're not about to let that bother you, not when everything is going so well that life is a breeze.

AQUARIUS ♒
JAN 21-FEB 18
You may be anxious about a money matter or work issue that is outside your control. Focus your attention on other more enjoyable things.

PISCES ♓
FEB 19-MARCH 20
It may seem as if someone is deliberately ignoring you but appearances can be deceptive. Most likely they are so caught up in their own worries.

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This day in history

1215: King John of England puts his seal to the Magna Carta.
1667: The first human blood transfusion is administered by Dr. Jean-Baptiste Denys.
1752: Benjamin Franklin proves that lightning is electricity
1846: The Oregon Treaty establishes the 49th parallel as the border between the United States and Canada, from the Rocky Mountains to the Strait of Juan de Fuca.
1944: In Saskatchewan the CCF, led by Tommy Douglas, is elected and forms the first socialist government of North America.

METRO NEWS SERVICES

Fair play & Fair pay matter at the University of Toronto.

On July 5th

at noon, Mary Cornish, pay equity expert and labour lawyer, will discuss the 10 year project for fair pay at the University of Toronto, which is nearing completion.

LOCATIONS:

ST. GEORGE
Bahen Ctr for Info Tech
40 St. George St., Rm 1170

UTSC
MW229,
Management Building

UTM
Rm3130,
Council Chambers

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